




FOOTBALL

HOW TO PLAY IT AND HOW TO
UNDERSTAND IT



JOHN WOODWORTH WILCE



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FOOTBALL

HOW TO PLAY IT AND HOW TO
UNDERSTAND IT

BY

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ILLUSTRATED WITH PHOTOGRAPHS AND DIAGRAMS

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TO
"MAC" "LYNN"

AND

"MAC LYNN"

TO

OHIO STATE FOOTBALL MEN

AND

MEMBERS OF THE OHIO STATE CO-OPERATIVE

UNIT WHO EXEMPLIFY "THE SPIRIT"

PREFACE

This book is intended to help boys and young men who are trying for the football team as well as those who are interested in watching the game. Its aim is to explain the rather complicated game so simply that it can easily be understood even by those quite unfamiliar with it; to proceed by easy stages from fundamentals to "inside football" and the more advanced aspects of technic and finesse. Careful attention has been given to all explanations, so that the average person who wants to know more about the game is never beyond his depth.

CONTENTS

	PAGE
PREFACE	vii
CHAPTER	
I. A SIMPLE BACKGROUND OF FOOTBALL KNOWLEDGE	3
II. BECOMING A BLOCKER	16
III. TRYING THE TACKLE	32
IV. HANDLING THE BALL	40
V. KICKING THE BALL	51
VI. THAT FORWARD PASS	62
VII. TRYING FOR EACH POSITION	78
VIII. OFFENSIVE PLAYS	95
IX. LEARNING FOOTBALL DEFENSE	146
X. WINNERS	171
XI. PRACTICE AND TRAINING	209

ILLUSTRATIONS

PLATE I

FACING PAGE

- | | |
|--|----|
| (A) Left, driving shoulder tackle; right, low cross-body tackle | 18 |
| (B) Combination of low cross-body and shoulder blocks | 18 |
| (C) Blocking: right, the driving shoulder block, left, the "head-on" block | 18 |

PLATE II

- | | |
|---|----|
| (A) Harley end run, 1916, demonstrates cross-body blocking, running side-body block, roll block, low running position for blocking and tackling | 22 |
| (B) A successful end run. A fullback, second figure from right, has blocked opponent's end. A runner has cleared the line of scrimmage with three blockers in front | 22 |

PLATE III

- | | |
|--|----|
| (A) "Straight-arming" and "cross-stepping" | 48 |
| (B) Plunging | 48 |
| (C) Proper holding of the ball | 48 |
| (D) Ohio State, 1917, offensive line starting positions. The first player from right shows the one-hand modified sprinting start | 48 |

PLATE IV

- | | |
|---|----|
| (A) A blocked drop-kick. This illustrates the proper drop-kicking form and the proper zone charging line-men should cover | 58 |
| (B) A successful third-down drop-kick. Note the absence of charging line-men in the centre zone directly in front of the ball | 58 |

PLATE V

- | | |
|--|----|
| (A) The forward pass, non-grip method | 68 |
| (B) This kind of forward pass receiving wins | 68 |

- (C) The grip pass, which enables passer to start the ball much higher than the non-grip . . . 68

PLATE VI

- (A) 20-yard forward pass from plunging formation. Receiver, second from right, has run beyond the half-back which gives basis for a long pass . . . 74
- (B) A successful long angle forward pass . . . 74

PLATE VII

- (A) Left: defensive line position and box defense. Right: preliminary offensive shift position . . . 160
- (B) The varying charge of a defensive line to stop a plunge play over defensive right tackle. Note the difference in defense . . . 160

PLATE VIII

- (A) A flat forward pass. Receiver about to catch ball. This type of pass depends on the run rather than on the pass itself . . . 188
- (B) A winning play. A fake criss-cross whirl play. It scored from the 12-yard line, Chicago-Ohio State, 1921 . . . 188

DIAGRAMS

Football Field	Page 5
Illustrated Offensive Formations	Page 96
Figs. 1-22. Schematic Plays	Pages 101-127
Figs. 23, 24. Offensive Line Formations	Pages 130-131
Fig. 25. Forms of Offensive Line Blocking	Page 133
Fig. 26. A Page of Good Offensive Formations	Page 135
Fig. 27. A Complete Set of Plays	Pages 138-145
Defense Figs. A-D	Pages 157-166
A Set of Complete Team Defensive Formations	Pages 168-170
Diagrams I-XVI. "Winners"	Pages 173-232

FOOTBALL

HOW TO PLAY IT AND HOW TO
UNDERSTAND IT

CHAPTER I

A SIMPLE BACKGROUND OF FOOTBALL KNOWLEDGE

Football is played on a field 300 feet in length by 160 feet in width. The line at each end is called the goal-line; in the middle of each goal-line is erected a set of goal-posts—two uprights joined by a horizontal bar. Beyond each goal-line the “end zone” extends for ten yards.

The game is between two teams of eleven men each. In general, the object of each team is to advance the ball across the other’s goal-line, either by carrying it across or by kicking it in a particular manner between its goal-posts. The opposing team tries to prevent any advance toward its goal-line.

Scores are made in four ways: (1) by *touch-down*, when the ball is carried over the opponent’s goal-line, counting six points; (2) by *try for point*, after a touch-down, when the team which has just made a touch-down is given an opportunity of scoring an extra point by completing a play from a position five yards from the goal-line; (3) by a *goal from the field*, when one team kicks the ball between the goal-posts and over the horizontal bar by

means of (a) the *drop-kick*, where the ball is dropped to the ground before being kicked, or (b) the *place-kick*, where the ball is held in position for the kick by one of the players, counting three points; (4) by *safety*, one example of which is seen when one team causes an opponent, carrying the ball, to be tackled, and the ball declared dead, behind his own goal-line, counting two points.

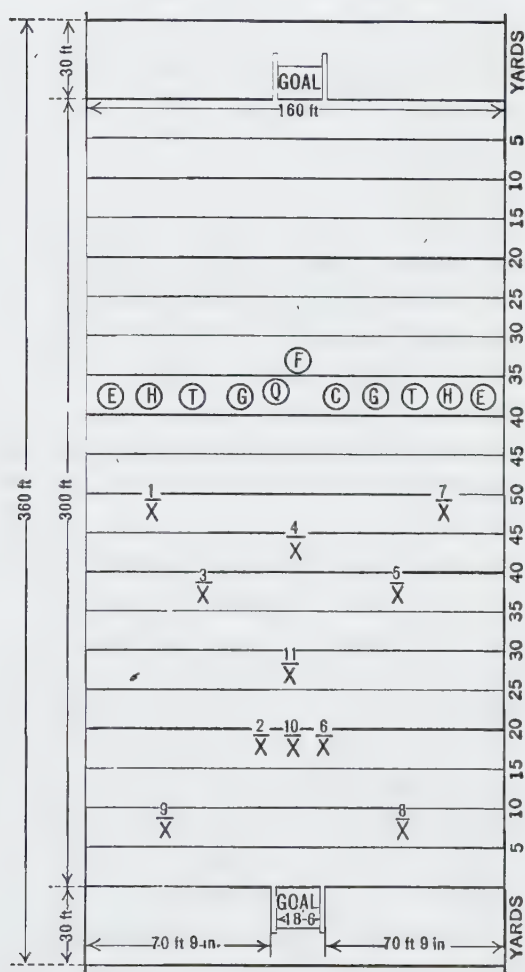
The best way to understand the play is to follow through part of a game. Let us represent the two teams by A and B. Before the start of most games a coin is tossed to determine which team shall kick and which shall receive the ball after it is kicked from the middle of the field. Let us assume that A wins the toss and elects to kick off. As soon as the ball is caught by B, B becomes the offensive team. According to rules, after the ball is declared dead, no member of team A can try to get possession of it until after the B team has lined up and a B player has started a play by passing the ball back to another of his side.

Undisputed possession of the ball by one team until a play starts is a fundamental feature of the American intercollegiate football game.

The team catching the ball on the kick-off, here B, can now retain possession of it as long as it can advance toward A's goal at a certain rate

FOOTBALL KNOWLEDGE

5



FOOTBALL FIELD

One method of receiving the kick-off. The players of team **O** must stay behind the ball until it is kicked, by fullback **F** in this case. All **O** players are on-side and may recover the ball after it has gone ten yards, even if it crosses the goal-line, if the referee has not blown the ball dead.

of progress. If at the end of four tries B has advanced the ball ten yards or more, it is allowed to retain the ball and have the privilege of four more tries. If, however, B fails to cover the ten yards in four tries, B loses possession of the ball which goes to A and A then becomes the offensive team. When a team has possession of the ball for the first try we say that it has "first down," and because it has to advance the ball ten yards or give it up, we say: "First down and ten yards to go."

Of course the first idea in starting out to the first try is to advance and still keep possession of the ball. In order to do this all sorts of so-called "plays" are attempted, and on each of the four "downs" one play is used in the attempt to gain ten yards.

Sometimes ten yards is gained in only one down, and this, of course, gives the team that has made this successful play "first down" again. If less than ten yards has been made in one try or down, for example, if the ball has been carried only three yards, the situation becomes "second down and seven yards to go." The team then lines up and makes the second try. If this time the ball is carried five yards, the situation becomes "third down and two yards to go." If, on the third time, the ball is carried more than the two yards neces-

sary to complete ten yards, the situation becomes "first down and ten yards to go," no matter how far the ball has been carried.

If, however, the team comes to the situation, "third down and seven yards to go," the quarterback sometimes figures that "since we have advanced only three yards in our first two tries it will be very hard for us to gain seven yards in two more tries. If we do not go seven yards we shall have to give up the ball to the other team." It must be understood that the rules allow any kind of play to be used on any down—first, second, third, or fourth. This includes not only plays in which a player takes the ball and tries to carry it by sheer speed or power through the other team, but also a forward pass or a kick. So it is that when we come to "third down and seven yards to go" the team with the ball may use a kick or forward pass even at the risk of letting the ball get into the hands of the other team. When the offensive team has reached the situation of fourth down and more than one or two yards to go, they usually kick the ball as far as possible toward the other team's goal. They reason: "If we must give up the ball to the other team, we will give it up as far away from our own goal as possible."

Spectators at a football game often wonder why a team which has the ball kicks it as soon as

they get it, many times on the first down, when they still have three tries to make ten yards. This is a matter of real football generalship and usually works out well in the end. We seldom see a team kick on first down, or even on second down, when it has possession of the ball in the middle of the field. The first and second down kick is made when a team has the ball near its own goal-line. If B was playing within ten yards of B's goal-line and A devoted his attention to pulling the football out of B's arms, A might cause B to fumble. If, after causing the fumble, A picked up the ball or fell on it, A would have the ball very near the goal-line across which his team might score. Because of this danger of a fumble from one cause or other, many teams kick the ball away from their own goal-line as soon as they get it and so avoid the chance of fumbling it at a point so near their own goal-line that the loss of the ball might immediately result in a score by the opposing team.

While one team is trying to make ten yards in four tries, the other team is trying to prevent them from doing so. The team with the ball is called the "offensive team," or the team on the offense, and the other team is called the "defensive team," or the team on the defense. The offense tries to gain and score by means of plays which are made

from different formations. Each formation and play is supposed to have a special value in a certain part of the field. The choice of these formations and plays is called "offensive generalship." The great difference between the offense and defense, outside of the fact that the offense has the ball, is that the defensive team is allowed to use hands and arms in trying to prevent the offense from advancing the ball toward its goal-line. The man with the ball is the only one on the offensive team who is allowed to use his hands, and he is only allowed to "straight-arm." This means to use hand and arm to ward off defensive men who try to stop him. The offense tells its members what play it is going to try by means of signals, usually a series of numbers which the other team will not understand. The defensive players, who do not know what play will be used, watch the ball, charge forward when the ball is moved, and try to push their opponents out of the way with their hands in the attempt to reach and to stop the man with the ball from going toward their goal. On the offense the men are placed at different positions in different formations for different plays. They are somewhat restricted, however, in the positions they may take. One of these restrictions, for example, is that there must be seven men on the "*line of scrimmage*" of the

offensive team at the moment the ball is passed by the centre. This *line of scrimmage* means the imaginary line which passes at right angles to the end of the ball as it rests on the ground in the centre's hands. There are two lines of scrimmage, one at each end of the ball.

We are interested in the lines of scrimmage because every member of the teams must be behind the respective lines at the time the ball is snapped. If any part of a player is across his line of scrimmage at the time the ball is snapped he is off-side.

We are also interested in the line of scrimmage because seven offensive players are required to be on it when the ball is passed at the start of each play. In order to be on the line of scrimmage each player must have both hands, both feet, or one hand and the opposite foot up to or within one foot of the line of scrimmage.

No definite number of defensive players are required to be on the defensive line of scrimmage, but none may be across it at the time the ball is snapped.

Off-side is something more than being across the line of the ball at the time it is snapped. A player is off-side when the ball has last been touched by one of his own side behind him. An off-side man is not supposed to touch the ball. If he does the ball goes to the other side. An end

down under a punt is off-side. He sometimes recovers the ball, but it is immediately awarded to the other side. If a defensive player touches the ball all the defensive side are put on-side and may try legally to get it.

The receiver of a forward pass is not considered off-side.

Players on a legitimate kick-off in free kick formation are on-side and are to try to recover the ball, whether it goes over the goal-line or side line extended or not, as long as it has travelled ten yards forward.

The legal recovery by an on-side man of the ball which has been kicked forward from a scrimmage formation is no longer possible. The scrimmage "on-side kick" is ruled out.

The men of the team on the defense may change their position and formation so as best to meet what they think the other team will play. For example, if I thought you were going to try to run straight ahead, I would stay directly in front of you to prevent you from doing so. If I thought you were going to run to one side I would get out to that side. And if I thought you were going to throw the ball forward or kick it down the field, I would drop back and away, to be as close as possible to the point to which the ball might be *passed* or *kicked*. Teams change their defenses on

this principle. Teams ordinarily distribute their eleven men in *lines of defense*, the first line as close as they can get to the opponent, that is, behind a line running at right angles through the end of the ball which is closest to them. A second line of one or two players may stand three yards farther back; a third line, usually of two players, stands still farther back; and a fourth line, which usually is only one man, still farther back—generally forty yards. The number of men on these various lines and the distance between them is determined by the kind of offensive play the defensive team thinks is going to be used.

What if the offensive team drops the ball during the course of a play, before the referee blows his whistle and declares that the ball is stopped, or *dead*, and what if the defensive team recovers it? The defensive side immediately becomes the offensive side, with a first down and ten yards to go. They, in turn, try as hard as did the others to carry the ball across the opposite goal-line for a score.

If one team carries the ball up to within fifteen yards of the other team's goal-line and there finds itself in the situation of fourth down and three yards to go, they usually think "three yards is too far to try to go in one down in this part of the field; therefore we will use our fourth down, or fourth try, to kick a field goal which will count

three points instead of trying to make a touch-down which would count six points." A field goal is made when a player drops the ball on the ground and kicks it on the bounce between the goal-posts above the cross-bar, or when one player holds the ball on the ground in an upright position and a team-mate kicks it from under his hand between the goal-posts. These attempts at goals are known as drop-kicks and place-kicks respectively. A ball which is kicked without first touching the ground is called a "punt," and this form of kick which travels higher and farther than the other kicks never scores points even if it does go between the goal-posts and over the cross-bar. This is also true of the ball which is set up on a tee and kicked by one side at the start of a game—the *kick-off*.

FOOTBALL—A TEAM GAME

Football is a game which is made up of individuals of many different sorts of skill. Individual ability to do certain things must be combined with other ability to do other things in order to bring about a score. Each of the eleven positions on a team demands certain special qualities or abilities, and therefore there is a place for any one who has courage and energy. Strength, brains, speed, size, and special skill of many kinds can be used. With the introduction of *new* football and the *forward*

pass, the game offers an opportunity for clean, hard sport to young men, large or small, heavy or light.

The great quality of football is that it is what we call a *team game* and all sizes and abilities contribute to the *team-play* which is necessary to score. The selfish boy has therefore no place in football, because every player must help every other player in many ways.

Think of two teams represented by two boys. If one of the boys is very large and the other very small, the large boy can usually take the ball and run with it and the small boy will have a hard time stopping him. The larger is usually the stronger. The small boy, however, being the lighter, is usually the faster; but even though he may be able to run faster than the larger, he may not have strength enough to knock his heavy opponent down except by a very hard low tackle.

Let us consider that the large and the small boy decide to form a team and to challenge another boy and his friend to play them. Now the team-work starts. The small boy is so fast that it is hard to catch him. The big boy is strong enough to get in front of the other boys and prevent them from getting to the smaller boy. In other words, he blocks, so that the smaller, faster boy may better advance the ball. Some men forward-pass

well, some men catch forward passes beautifully, and others have strength enough to block excellently and knock the opponents out of the way. Some men can kick the ball well by punt, drop-kick, or place-kick. On the defense some men charge strongly, and tackle the other fellow surely every time. Others run fast and are tall enough to jump up in the air and catch a forward pass which the other team has made. Instead of a team of two men, where one blocks and the other runs with the ball, we have, then, a team of eleven men, each doing various things unselfishly so that their team may win. All men on a team must know how to do certain things, such as tackle, block, handle the ball without fumbling, keep their temper, think and fight within the rules. Beyond these the abilities for the various positions differ. The player who wants to make a team will try to learn as much about football as he can and then will try to learn the position for which he is most naturally suited. The ambitious youth will learn everything there is to learn about that position. The better a young man knows how to play the game, and the better player he is, the more fun he is likely to have in playing it.

CHAPTER II

BECOMING A BLOCKER

When the man began to form a team by asking his friend to play with him, we saw the start of team-play. The friend put himself in front of the man who had the ball and prevented the other side from stopping him. This is "blocking." When one man of a football team runs with the ball, most of the other men "block." Mr. Webster says: "To block means to prevent passage from, through, or into by obstructing the way." He also says: "A block is a stop or obstacle." Blocking by members of the team which has the ball then means to prevent the other side from passing to the man with the ball. It means obstructing the way of the other side as they try to get to the man with the ball.

This would be fairly easy if these blockers, each of whom ordinarily picks out a particular man of the other side to block, could reach out with their hands and arms and hold their opponent. We have seen, however, that this is not allowed—that only the members of the defensive side are allowed to use their hands and arms, and then only to get at the ball or the man carrying the ball.

This makes it necessary to prevent the other side from getting to the ball, or to the man running with the ball, by using the body with the arms and hands held close to the body. If the arms or hands are extended and used in blocking, it means that the man is playing against the rules and a penalty of fifteen yards is exacted from his team by the official. Every candidate in starting to train and practise to make the team, then, must *learn how to block another man with his body without using his hands or arms.*

There are many ways of blocking another with the body without using the hands or arms. The first way is that used by most boys when left to themselves. If you want to knock another fellow out of the way or prevent him from getting past you, you will usually put your arms across your chest and run into him with your shoulder. You will aim to hit him with your shoulder just above the waist, and you will aim to keep your shoulder against him as long as you can, no matter how hard he struggles to get by you.

This is the simple start of blocking, and when we have learned to run into a man hard with our shoulder at or below his waist so that we knock him back or to one side instead of being knocked back by him, and have learned to keep our legs far enough apart so that the man we are block-

ing cannot throw us to one side or the other, we have learned the first things about offensive blocking.

This kind of blocking is used first by the linemen or those men of the team who line up even with the ball. This kind of block is used when the man who has the ball tries to advance it straight ahead instead of running to one side, or forward-passing.

COMBINATION HARD-SHOULDER BLOCK

The next step in this block is seen when two men on this first line block one man of the other side by running into him, one with the right shoulder and the other with the left shoulder, in order to force him out of the way for the man who is running with the ball. This is something that two men can practise doing against a third man to very good advantage as a matter of exercise as well as a matter of learning how to block from the football standpoint. This sort of exercise develops the legs and the muscles of the back and shoulders, and gives training and self-control if the arms are kept to the sides instead of being called to the help of the shoulders when our opponent starts to slip past. It is a temptation under this condition to put the arm out to one side and to prevent the opponent from getting by, or to let the



(L) Left, driving shoulder tackle; right, low cross-body tackle.



(R) Combination of low cross-body and shoulder blocks.



(C) Blocking: right, the driving shoulder block; left, the "head-on" block.

arm slip out around his leg. It is much easier to use the arms, but we must learn to control ourselves in order to play within the rules of the game. Incidentally we might lose ground by having the penalty for this holding foul applied.

In some plays all of the men on the front line are trying to block the opponents in this way so that their runner may gain; and even if one of the seven or more men lets his arm enter into the block, the play is illegal. In all line-blocking charge low with feet comfortably apart. Take short driving steps back and neck stiff. Keep rump lower than head. Stay low, stay on your feet as long as possible, hold the block or keep driving.

THE CROSS-BODY BLOCK

The next common block as used by the offensive players is that which we call the "cross-body block."

If one of our side is going to take the ball and try and run—that is, carry the ball to the side and try to get around the opponents instead of going through them, it is the duty of the line-men to prevent the line-men of the other side from going in the same direction as the runner. If they simply bumped into them with their shoulders or rammed them "head-on" and forced them backward it

would be only a matter of a few seconds before the opponents would slip off to one side and be after the man with the ball. Under these conditions, the aim of the blocker is to hit with the shoulder and then get the broad side of his body between the opponent and the side of the field toward which his team-mate is running. In order to do this he makes a cross-body block; that is, he throws the side of his body across the path that the opponent will have to take to get to the man with the ball. He further tries to keep this position until after the runner has gone by.

CHECK BLOCK

When the ball is to go to the left of the centre, it is usually the case that a man to the right side of the centre makes either a cross-body block simply to prevent his opponent from getting to the runner, or goes on through the line, after simply checking the forward progress of his opponent with his shoulder. The latter is called a "check block." This line-man checks his opponent, then goes on in front of the runner and blocks others of the opponent's team who will be more directly in front of the ball. This checking is only done when defensive players are so far from the place the ball is to be carried that they can hardly get to the player carrying the ball before he has a good start.

It is also used by certain line-men before they run down-field under a punt.

"HEAD-ON" BLOCK

In some instances a player will block effectively by charging at his opponent and forcing his head and shoulders between his opponent's knees. This act, executed with enough power, will sometimes carry the opponent's legs from under him. Such a block at least interferes with an opponent's running or charging forward, even when he keeps his feet. The block may be used when one player is assigned to block another alone. It is the most aggressive block, but not so certain in results as others.

COMBINATION "BREAK" BLOCK

Sometimes a combination block is used in the attempt to take the defensive line-man "off his feet." Most boys at some time have played the trick in which they sneak up behind a friend and drop on their knees behind him, and as soon as they are set in this position some one else gives the unsuspecting person a push and he falls backward over the boy who is kneeling behind. This same idea is used in the combination block where one player makes a cross-body block as hard as he can from the side, hitting the knees of the opponent

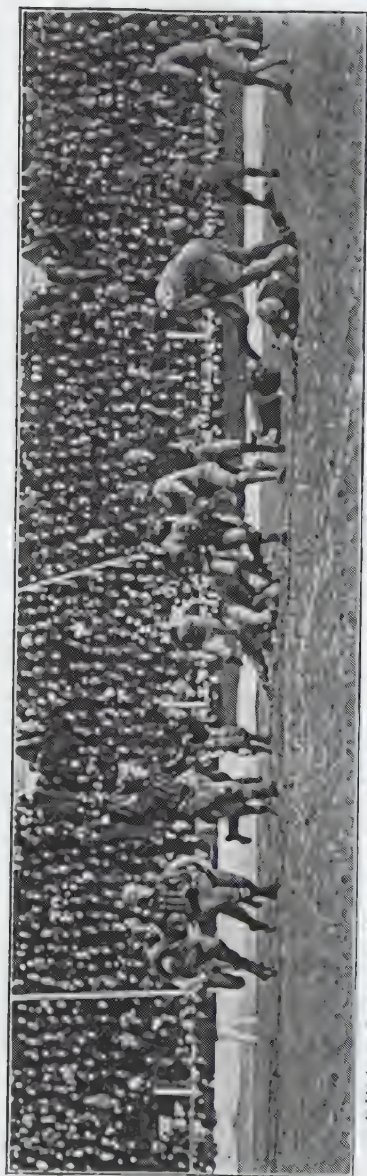
at the same time that the player next to him runs into the opponent with his shoulder. The man who knocks him over in this way does not use his hands, and the man who comes in to make the side-body block simply runs or blocks so low and hard that he carries the opponent's legs out from under him. It is easy to see that if such a block is successful it will leave a space in the defensive line through which the man with the ball can run. If the offensive players to either side of this space are successful in preventing the defensive players from getting into this space, a good gain is usually made.

THE SIDE-SWIPE BLOCK

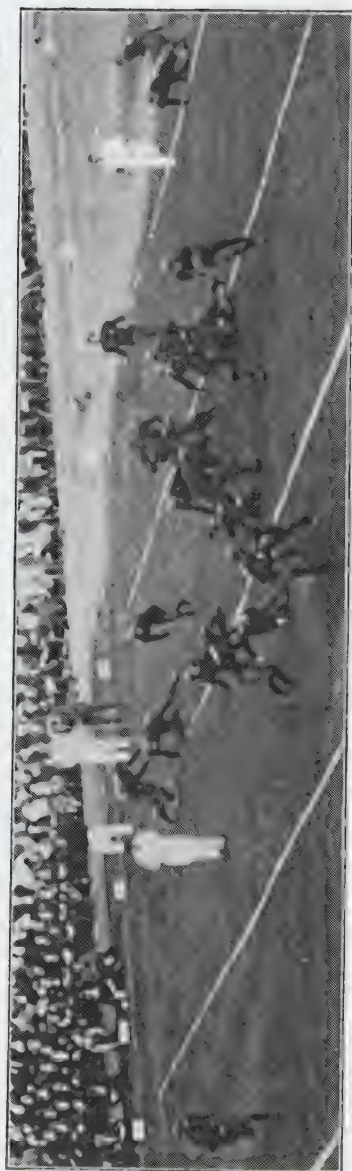
"Side-swipe" block is usually a low side-body block, or any block in which blocker comes at defensive line-man at approximately a right angle. Such blocking is very effective at times.

The cart-wheel, or "hand-pivot" block, in which the blocker supports himself on his hands as in a cart-wheel and throws his legs around against opponent, is sometimes used for this purpose.

Remember, never use a block in which the feet are higher than the head. Also remember that it is illegal to block an opponent with that part of your leg below the knee. This is considered tripping.



(c) Harley and run, 1916. Demonstration cross-back blocking, running sideways block, not block, low running position for blocking and tackling



(d) A successful end run. A fullback, second figure from right, has cleared opponent's end. A runner has cleared the line of scrimmage with three blockers in front.

PLATE II

ROLL BLOCK

The roll block is best used in the open to cut down an opponent who is running toward you. To practise its idea, lie flat on the ground with arms partially extended above your head, with feet together. Roll over and over with body held rigid.

When using the block on an opponent, run at him at three-quarters speed with short steps, body forward, watching his knees. When about a yard away, throw your stiffened body through the air parallel to the ground and at a right angle to the direction in which you are running. Aim your hip at his knees and throw yourself sharply at them. Aim to be turning toward opponent in the air at the moment of contact. Your hip and side of upper body should hit his knees as you roll toward him. The downward-forward rolling frequently carries an opponent's legs out from under him.

This block is worth little if it is applied much above the knees.

In practising the block, throw the arms distinctly to one side of the opponent as you leave your feet. Try to keep rolling over onto your opponent's feet if you do not knock him down. Try to roll over and regain your feet if you take

his legs out from under him. A small compact player may become expert at this, especially when blocking a tall man.

In this block, as in all "pivot" blocks, never let your feet be thrown above the level of your head.

SIDE-FLYING BLOCK

In this form of open-field block the player simply makes a flat side dive at his opponent. He dives parallel to the ground at knee height, arm extended, legs partially spread, body and legs stiff. He aims to come against the opponent's knees with the hip or with the side of the upper body just below the arm.

This block is ineffective unless it is low.

RUNNING SIDE-BODY BLOCK

In this block, which is frequently used in interference, the blocker keeps his feet. He runs low at his opponent and throws the side of his upper body across the opponent's thighs or knees.

This is an excellent block when one player is running at an angle to another.

INTERFERENCE

Many people do not seem to understand the term "interference." Interference simply means blocking by players immediately in front of the

runner. Interference is usually made for the runner by those men of his side who are back of the line-men or in the back field. Interference differs from line-blocking as just described in this particular: the defensive and the offensive line-men are separated only by the length of the ball, about one foot, when the offense starts to block the defense. The man who makes interference usually has to run three to five or more yards before coming to the opponent who is to be blocked or interfered with. The man with the ball is usually close behind his interference. It is therefore extremely important that interference blocks shall be well made. The roll block by one player followed by a similar block by another, the break block, the combination hard-shoulder block, and the running side-body block are most commonly used by interferers.

We must not misunderstand, however, and think that a line-man does nothing but block in the line. In most end runs and in many other plays a line-man steps back, away from the ball, and runs in the interference. Only fast line-men who can keep ahead of the runner and block well in the open are allowed to do this work. Back-field men are also occasionally assigned to block or help block a line-man. The men interfered with are usually the defensive ends and the defensive back-field

men or secondary defense. These are the men who are standing back of the defensive men who are on the line with the ball. There is no one immediately in front of the secondary defenders, of course, and so they are freer to get to the man carrying the ball than are the defensive line-men, who usually find an offensive end- or line-man immediately in front of them, blocking their course to the ball. The offensive back-field, therefore, and those linemen who can run fast and who can be spared from blocking on the line run in front of the man with the ball and try to block the defensive ends and the back-field men.

Often the defensive line-men break through or break away from the line-men who are trying to block them and threaten to tackle the man with the ball behind the line. When this happens, the players who are supposed to make interference must block these men, who are closest to the runner, instead of going on to block the end or back they were originally assigned to block.

Understand at this time that whenever a play is started, every player of the side which has the ball has some definite thing to do—usually some definite man to block. If this definite man is not blocked, the play will not gain much ground. If, for instance, a line-man broke through the line directly in front of a back-field man who was

originally assigned to block the opposing end, this back-field man would have to block the line-man and there would be no one left to block the end. Under these conditions, the man running with the ball must try to advance with it as best he can, trying to find an opening and trying to avoid the defensive players who are not blocked.

It is easily seen what an important part effective blocking by each individual plays in making gains possible. Remember that the offensive team is trying to gain ten yards in four tries. If a defensive man is not blocked and breaks through the line and tackles the man with the ball before he makes a gain, we can see that the same distance remains to be gained in one less trial. If the defensive man throws the runner for a loss, that is, prevents him from bringing the ball forward to the point from which it started, we can see that instead of ten yards to gain in four trials, we might have fifteen yards to gain in only three trials. We see this condition frequently when the defense is so strong in charging and getting through the line by power and the use of their hands that the offense cannot block them.

“POOR INTERFERENCE”

What is “poor interference”? This expression is very loosely used, and most people do not under-

stand what it means. Poor interference really means poor execution of blocking by those who are assigned to interfere with the ends and secondary defense. The ordinary individual who sees four, five, or six men running immediately in front of the man with the ball says: "That is wonderful interference." It may be or it may not be. If every man who is running interference runs fast enough to get out of the way of the man with the ball and blocks the defensive player he is assigned to effectively, it *is* good interference. The boy who is learning to interfere must first learn the blocks that are used in interference and then learn how fast to run and how far to incline his body forward and how to block at exactly the right minute to be most effective.

It is often the case that when many players run in front of the man with the ball, only a few are left to block on the line, and the play is frequently stopped by a line-man who breaks through and catches the runner from behind. If only a few men run in front of the man with the ball the offensive line-men will usually keep the defense from breaking through, but a greater burden is put on the shoulders of the few men who are left to block the defensive ends and the back-field. The number of men left to block on the line and the number in front of the runner will vary as the defensive line

and defensive ends are strong or weak. It is sometimes necessary to leave the entire offensive front line to their blocking in order to keep defensive line-men from breaking through and stopping the play before it is well started. When this is the case, of course only three men are left in front of the man with the ball to interfere for him, and many people say that the "interference is poor." Sometimes the blocking of these three men in the back field is so strong that it is unnecessary to call any lineman out of the line to help in interference. It is also the case that some men who run with the ball are so fast and expert that fewer men are needed to run in front of them; but when a few men only are used in the interference, the chance of one of these men letting his man "get away from him" is greater than it would be if he were to be only one of two men assigned to block the same man.

Young men learning to play football should remember that the coach considers the player who can block a defensive player alone a great asset to a football team. Very few men can do it in interference. When one man can do it, other men are relieved to go ahead of the play and make the gain much surer. The player should realize this and try to learn how to block one man alone in the open by a hard cross-body, roll, or shoulder

block, as well as how effectively to block an opponent with the help of a team-mate as in a combination block. A player will be assigned by his coach to block alone or to block with somebody, dependent on how well the player can block and on the strength of the individual defensive man he is assigned to block. The young player should take a pride in learning how to do these things alone and in justifying the confidence which causes him to be given the job of individual blocking. When a spectator sees one man assigned to block one man he will realize that it is really a compliment to the blocker and will be very tolerant if he occasionally fails. The success of a play at other times is doubly due to the individual blocker. He does his work effectively and relieves another player to be used to block some other defender.

At times an especially strong defensive man will have two or even three interferers or line-blockers assigned to block him. The cross-body block, the shoulder block, and the combination block are used in interference very much as they are used in line-blocking. The defensive man "in the open" has a much greater opportunity to dodge the man who is attempting to block, and therefore interference demands more skill and speedy foot-work and requires less power than line-blocking.

Offensive blocking resolves itself into individual knowledge of how to block and then of how and when to best apply it, whether alone or in conjunction with a team-mate. Every player on a team should also know how to combine with his fellows in the various blocks. The better players are able to make all forms of block.

CHAPTER III

TRYING THE TACKLE

A great many games are lost because of poor tackling. We have seen that the defensive side tries to prevent the offensive side from gaining ten yards in four tries or downs. If the young man we think of as representing the offensive team tries to run by the other young man who represents the defensive team, the defensive man will best stop him by tackling him. If the defensive player grabs him by the arm or by the shoulder or by the belt, the one with the ball will generally just pull him along, at least for a considerable distance. In order to stop a player from going forward, you must hold his legs together so that he cannot step. As long as he can step even a short distance, he can go forward and gain. A tackle is the act by which a defensive player, primarily by encircling the legs of his opponent with his arms, stops his forward progress. We must not confuse the act of tackling with the man who plays the position of tackle, which is that position immediately between the end and the guard on a line with the ball. If the defensive man threw both arms around the knees of the player

who is trying to advance with the ball, held them together and at the same time aimed to force the player back toward his own goal-line, he would effectively stop his forward progress. Each of the eleven men on the defensive side aims to make such a tackle on the man who is trying to advance the ball forward. Every man on the defense must know how to tackle most effectively and legally within the rules. Every player should know how to make at least three tackles: the head-on or hard-shoulder tackle, the cross-body tackle, and the semi-diving tackle. The rules say that a player must have one foot on the ground at the time of making the tackle, and so the attempt in making a diving tackle is to let one foot drag on the ground.

HARD-SHOULDER TACKLE

The hard-shoulder tackle is the most useful for both line-men and back-field men. We might say that it is the same as a shoulder block except that the arms are used to encircle the opponent's legs and the block is a little lower. The player who is to make the tackle, first of all looks at the point he is about to tackle. This is a point just above the opponent's knees. He inclines his body and head forward, drives with his legs, hits the point he is aiming at with his shoulder, brings his arms around the legs, tries to hold the legs together

either by the strength of his arms or by grasping one wrist with the opposite hand, all the time driving with his legs and trying to force the man he is tackling backward. This tackle is made either by running up to meet the man or by simply dropping down to tackle him if he is running straight at a line-man. No matter how it is applied, these are the things to remember: Watch his knees, drive with the legs and hit him harder than he can hit you. Grip your arms around his knees and hold them there, keep your feet on the ground, keep your back stiff, and keep driving him backward as long as you can until he is flat on his back with you on top of him.

CROSS-BODY TACKLE

A cross-body tackle is used when a man with the ball is running at right angles to the tackler. The tackler then tries to throw his head and body across the path of the runner, surrounding him with his arms just above the knees as he does so. This tackle may also be made by throwing the back across the path of the runner and tackling while allowing him to run into the angle formed by the back and arm. The cross-body tackle is better practised by two players together. One player should start at a very slow run, and the tackler should throw his body across the path of

the runner, who tumbles over his body. The tackler at the same time pulls the runner's legs together. Players can get so expert in this tackle that they can twist the man they are tackling around and throw him backward; but this is something that takes a great deal of practice and not nearly so safe as the method outlined.

THE SEMI-DIVING TACKLE

The diving tackle is used in the open field where the tackler is some distance away from the man he is trying to tackle. The tackler is usually going down the field under a punt, running at full speed. As the opponent catches the punt, or as he comes within several yards of the opponent, he launches his body through the air parallel to the ground and reaches out his arms aiming to tackle him at the knees. In making this dive through the air the body of the tackler must be kept absolutely rigid, the legs about a foot apart, and the shoulders equally distant from the ground. Remember that leg, back, and shoulder muscles must be tensed as tightly as possible. Of course the arms must be tensed as soon as the runner is touched, and his legs must be locked and held together. In this tackle it is a great effort. Of course the attempt is to drag one toe on the ground as this tackle is made.

POOR TACKLING

What do we mean when we mention poor tackling? It means that the defensive side either does not know how to tackle, or is not tackling hard enough, or is not holding its tackles after it makes them. A most common fault of a new player or a very tired player is to tackle high; that is, throw his arms around the man with the ball above the waist, sometimes even around his neck. This is called "necktie" or "tag" tackling. As we have seen, this kind of tackling would hardly stop a good runner unless he is wrestled and tussled to the ground. The well-made tackle around the legs drops a man to the ground cleanly without harm to the man who is tackled or the tackler. Remember that it is a general rule in football that the player who is always playing hard and keeping his muscles tense when he comes into contact with an opponent is very seldom hurt. This is surely the case in tackling. Tackling takes courage and is not nearly as dangerous as it looks when the tackle is rightly made. Another kind of poor tackling is weak tackling. The defensive man does not come up against the offensive man nearly as hard and fast as the offensive man runs up against him, with the result that the tackler is knocked over backward. A great many young

men starting out in football run up against the man with the ball hard enough but do not hold on to him after they have their arms around him. This is sometimes due to lack of strength in the arms, back, and shoulders of the tackler, or it may be exceptional strength on the part of the runner. The really good tackler seldom allows a man he has once surrounded with his arms to get away from him. That is one of the ideas of football—to tackle and hold on like a bulldog. Such tacklers will make teams, because such tackling is necessary to hold men who run with the ball in the right way, and who are coached to let nothing stop them.

The young player who has seen a man with the ball run straight at him in the open field, who has gritted his teeth and resolved to tackle him and then has devoted his whole strength and energy into tackling and holding him, has gone through an experience which is extremely valuable.

TACKLING DUMMY

Muscles must be trained for tackling just as they are trained for any other physical action. The shoulder, arm, and back muscles are the ones that are used in tackling. The leg muscles are, of course, used to drive the body against the man who is to be tackled and to drive him backward

after he has been tackled. These muscles must be exercised and put to the same strain that they will be under when an actual tackle is made. Tackling is a rough game, however, and the actual tackling of fellow players or other young men is sometimes found to produce bumps and bruises that handicap players' actions. In order to get the muscular training and the co-ordination, or the muscular working together, that is necessary, it is well to practise this part of football with a dummy or a bag. A tackling dummy is a stuffed figure which is usually suspended from a frame or a cross-bar of some kind so that it swings free. There are many kinds of dummies, but the most effective ones are supplied by most sporting-goods houses. Any boy, however, can make himself a tackling dummy by filling a bag with straw, rags, sawdust, or excelsior, tying a rope to the bag, pulling the rope over one or more big pulleys which may be suspended from the branch of a tree. One player can hold the end of the rope while another tackles or blocks the bag. This is made a lot easier when a weight, thirty to seventy-five pounds, is attached to the rope about five feet from the end, away from the dummy; the helper puts as much strain on the rope as is necessary to give the tackler good resistance. The weight helps pull the dummy upright. A dummy

should be suspended over a pit of shavings, sawdust, or sand. In absence of a pit, hay on the ground is enough to ease the falls in practice. Much practice will give the muscles the exercise they need, will strengthen the tendons and ligaments, and will give experience in the actual combined working of the muscles used in tackling without danger of injury. He can practise and practise until he has the feel of the tackle, and then he will be a lot better able to tackle the opposing players or those members of his own squad that he plays against in practice. As he gets along he will have to practise tackling actual players, who run and change direction in the way that a dummy cannot. The point is, that the tackling muscles and co-ordinations can be well trained by constant dummy practice.

CHAPTER IV

HANDLING THE BALL .

We all know the alarm that follows the excited cry of "fumble!" at a football game. We see a group of players scurrying in one direction, some of them diving for the ball which suddenly emerges from the group, bouncing every which way. Finally one or more men seem to cover it, and then the suspense is great until we find out, after the referee has carefully untangled the pile, which side has the ball. Why so much interest and excitement in what some people consider a mere fumble?

If our opponent has fumbled and we have recovered it, we feel almost the same thrill that comes from a big gain. If the fumble is ours and we lose the ball, we are as much chagrined as if a long run or pass had been made against us.

As a matter of fact, a fumble is really equivalent to a definite loss of ground by the team making it. It has been explained that the way we should be willing to give up possession of the ball is by kicking it to our opponent, thus giving it to him as far from our own goal as possible. A fumble, therefore, is equivalent to handing our opponent

the distance a kick would cover—thirty to fifty yards. When we remember the difficulties of gaining such a distance by a series of plays we realize what a costly mistake a fumble may be and how absolutely fundamental is the practice in handling the ball.

THE FUMBLER PUNT

If our team kicks the ball and it sails high and far into the waiting arms of the opponent who is farthest away from the kicker, we try to have as many of our team close to this catcher as possible at the time he catches the ball. This is not only to make sure that he is tackled if he catches the ball, but to be ready to recover it in case he does happen to let it drop. The fumbled punt recovered by the side which kicks the ball is the most disastrous mistake a team can make, and usually means the winning or losing of the game when teams are evenly matched. So disastrous is a fumbled punt that some players are definitely coached to allow every punt to hit the ground rather than run the chance involved in catching. Players should catch punts unless they are being hard-pressed by ends and line well down under the kick, unless the ball is very wet or muddy, wind uncertain, ball flight uncertain, or catching position uncertain. A short time remaining in half

or game with your team leading, also indicates taking no chances in punt or general ball-handling.

PUNT-HANDLING

The safe catching of a punted ball is something that should be constantly practised both because it is difficult to do and because failure to handle it causes great loss of ground. The boy who is trying for the team, especially for a back-field position, that is, quarter-back, half-back or full-back, must spend much time doing it. Every member of the team must know how to catch a kicked ball, because we often see the kick-off fall short or go into the arms of one of the line-men who very frequently fumbles it.

The best way to learn how to catch a punt is of course to practise the actual kicking and catching as much as possible. There are certain things, however, which should be understood beforehand. In the first place, the peculiar shape of the ball makes it travel through the air in peculiar ways. We can see just the way a baseball is going because it is round; but a football, which is kicked, and especially one which, after being kicked travels with a spiral motion, is very hard to catch. We must first learn to judge the distance the ball is going to travel and then we must learn how to catch it. When a ball is kicked end over end it

will travel very much the same way as a baseball thrown in a looping manner. If it is travelling with one point forward and turning over from side to side, the position of the ball, when it reaches its highest point in the air, will tell us how it will travel after this point. If, when the ball is at its highest point, it is parallel with the ground, or if the front point is a little lower than the rear point, it is very likely to travel farther than we expected it to. If, at this point, the rear point of the ball is much lower than the front point and it is spiraling or turning over from side to side, it will very likely fall short of the point to which we expect it to travel. Some men can kick a football so that it travels in a curve.

All of these things we need to know before we can "judge a punt." Judging a punt means getting to the point where the ball is coming to earth and placing oneself in proper position to most easily and surely receive it. It is surprising how difficult it is to get to the right spot at times. After judging the place the ball will fall, we must watch the ball. Some players make the mistake of watching the men coming down the field out of the corner of their eye. This divides their attention and lessens the chance of catching the ball. It is a great deal more important to catch the ball and prevent the other team from gaining forty yards

than to make five yards by running back. After watching the ball it should be welcomed. This means that the catcher should reach up for it and guide it into his body, leaning over it as it is guided into the body so that his arms and bent-over shoulders and upper abdomen form a pocket in which the ball is safely held. A few players will be able to catch punts in their hands as they catch a baseball. This practice is too uncertain. As we have seen, forward passes may be caught that way, but the punt is too dangerous in its "fumble effects" to be attempted without every chance of fumble eliminated.

The first step in learning to avoid fumbles is to find out where and why they occur. Some teams deliberately try to cause a fumble by the man running with the ball, by trying to tackle the ball instead of the runner. *Stealing the ball* is possible under the rules, but it is not considered sportsmanlike. Apart from this, however, it is usually unsound football, as the runner may avoid the player trying to steal the ball and make a long gain.

A common form of fumble occurs in passing the ball by the *centre* or *quarter-back*. The quarter-back, standing behind centre, in reaching his hand under the centre to take the ball directly from him, sometimes drops it. The centre may be

trying to pass the ball back too quickly or too hard for the quarter-back to handle. He may be paying too much attention to blocking and not enough attention to passing. The quarter-back may try to start away from the centre before the ball comes to him, and may fumble because he is not paying attention to getting the ball first. When the *centre* passes the ball back three or four yards to a *half-back* directly, a fumble may occur. The pass may be too high or too low—the half-back may start off too soon—and the centre may forget to pass the ball a little ahead of the half-back, so that it will be where he is after he starts and not where he was before he started to move. Fumbles such as these may be avoided if the centre pays absolute attention to passing and practises it as much as possible, and if the back-field man will absolutely concentrate his mind on receiving the ball safely first. One of the most disastrous fumbles happens when the centre makes a bad pass over the head of the man who is about to make a punt. This is simply failure in the centre passing.

A very common cause for fumbles is misunderstanding of play signals by men in the back-field or by the centre. We sometimes see the ball passed back from centre, apparently to nobody, and this is usually caused by a *mistake in signal*

on the part of one man or the other. This may happen because a player has received a jar which has caused him to be a little befuddled mentally. It also happens when a team has tried to learn so many plays that they are uncertain as to the exact duties of every player. This is certain to result in fumbles especially when the quarter-back tries to call the signals and run the plays too fast. The young man learning to play and trying for the team should never let a signal go by unless he knows exactly what he is to do on the particular play. Some players try to cover up the fact that they do not get the signal when it is given, thinking that the coach will feel that they do not think fast enough. Fumbles result in this way occasionally.

Fumbles are sometimes seen when a man running with the ball is *tackled hard*. There are two reasons for this: either the ball has not been held properly under the arm or the player has forgotten to use both hands to cover up and protect the ball when he is tackled and thrown to the ground. Every man trying for the team should learn to carry the ball under the arm farthest away from the opponent, so that he may be able to straight-arm with the one closest to him. Straight-arming means warding off the opponents by stiffening a nearly extended arm.

THE PROPERLY HELD BALL

The ball should be tucked under the arm as soon as it is received from the centre. The rear point should be tucked under the elbow and upper arm, but should not extend beyond. The forearm should support it from below. The fingers of the hand should cover the forward point. The ball should be firmly held against the body in this manner so that no opponent can hit it upward, downward, sideward, forward, or backward. (See Plate III (C).) When the runner is tackled he should fall forward and his grip on the ball should tighten, at the same time his other hand should be placed over the ball to protect it. The presence of mind which protects the ball even after a hard run or buck will save many fumbles.

A common fault of new men in carrying the ball is that they carry it under their arm but let the points stick out on either side—one in front and one in back of the arm—instead of putting the forearm along the long length of the ball and properly covering the ends with the hand, the elbow, and the upper arm. The best way to practise carrying the ball or holding the ball is the following: One player puts the ball under his arm properly and one or two others are given the chance to knock it out in any way possible with

the use of one hand. They may punch the ball in any direction or try to pull it out from under the arm in any way. It will be found that no matter how they try, the young man with ordinary strength in his arm will be able to hold it successfully. The trouble is that in a game the excitement sometimes makes a player forget some of the things he knows. This is one reason why self-control and coolness are of real advantage in this game. The holding of the ball under fire should be practised by every player.

Good training in ball-holding, especially for bucking purposes, is obtained by sending the player through a double line of his team-mates with each man trying to steal the ball in any way possible. This running the gantlet also may develop leg drive and proper bucking, "forward-minded" spirit.

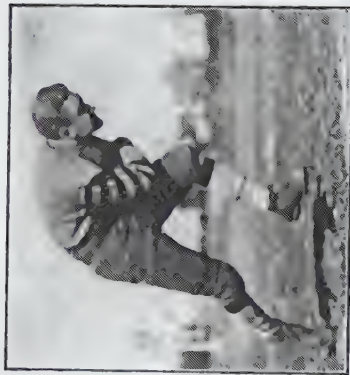
RECOVERING THE BALL

If your opponent makes mistakes in handling the ball and fumbles, you gain ground rapidly if you can recover the ball. A free ball is one which any player of either side may legally recover.

All loose balls are not free balls. This is true in case of a bouncing punt not yet touched by the receiving side, and in case of the forward pass which hits the ground and becomes "incomplete."



(A) "Straight-arming" and "cross-stepping."



(B) Plunging.



(C) Proper holding of the ball.



(D) Ohio State, 1917, offensive line starting positions. The first player from right shows the one-hand modified sprinting start.

Any ball which has been fumbled or muffed by either side is a free ball. It may be scrambled for until it is declared dead by the referee's whistle. This is an exception to the off-side rule.

All players, offensive and defensive, will try to recover and advance a free ball.

If a free ball is on the ground and is not moving, do one of two things—try to scoop it up with the hands or fall on it. To be safe, fall on every free ball. Better gain forty yards sure than forty-five yards with chance of fumbling the ball yourself. If no opponent is near you, get up and run, after falling on it. Falling on the ball is much safer and best in the long run. Practice at scooping or picking up a loose ball will develop amazing sureness in the practice. Fast, well co-ordinated players, especially those built close to the ground, should practise picking up a still free ball while running. In case the ball is bouncing or rolling along the ground toward you, or away from you, or across your path, it is best to dive at it and cover it. The player must learn to run at the ball and dive for it *as close to the ground as possible*, because he will be in competition with several others. Dive flat, reach for the ball with one arm extended, fall around the ball on one side of your body, scoop the ball into a pocket formed by the soft part of your body above the waist,

your chest and arms, and your drawn up legs.

Some players develop the knack of rolling over after recovering the ball in this fashion. Attempt this only after much practice. It is very uncertain.

CHAPTER V

KICKING THE BALL

The punt is the most important play in football because it is the most used and its results are the most telling. The football team with an exceptionally good punter usually wins if the teams are nearly evenly matched in other ways. Some boys are naturally better punters than others. Any boy can develop himself into a fair kicker by constant practice. The boy should be encouraged by this fact. The best punting is not the longest punting. The boy who can punt high in the air for a distance of forty yards is an acceptable punter for any team if he can kick this distance every time without a slip and can kick the ball where he wants it to go, to one side or the other or straight down the field. Punters should start practising with that idea in mind. The punt is effective only as ends are able to be down-field with it, or as it is kicked out of reach by the receiver or out of bounds. Practise the high punt so that ends will have time to get to the receiver at the time he catches the punt. I kick the ball forty yards down the field to you. The kick is

low. My ends start down-field as the ball is passed back, but when you catch the ball they are fifteen yards away from you. This gives you a good start and you run the ball back ten yards. My kick has resulted in a thirty-yard gain—the forty yards I kicked less the ten yards you returned the ball before the end tackled you. If I had kicked only thirty yards, but high in the air, and my end had tackled you just after you caught the ball, the gain would be the same—thirty yards. The thirty-yard kick is better, because the ends and also line-men are given the chance to tackle you as soon as you catch the ball. You are more likely to fumble the ball if you are tackled hard as soon as you catch it. The ends are also closer to you. You see them and know they are about to tackle, and you are not so sure of catching the punt. Unless you train yourself to forget everything except the ball, a fumble may result. If ends are too close, raise one arm high and make a fair catch. We saw the importance of correct handling of the ball and avoiding fumbles in an earlier chapter. When the catcher can get a start in the open field he has a much better chance of returning the ball for a good gain.

The “well-covered” punt then is a better idea in kicking than the distance punt which the ends cannot cover at the time it is caught. The dis-

tance punt high or low is very valuable when it is kicked so that it goes over the catcher's head. It is also well placed when it is kicked to one side of the catcher so that it hits the ground and rolls.*

A player who wants to become a good punter will practise to kick punts accurately for as great a distance as his ends can cover. Three kicks of thirty yards each are better than two kicks of forty yards each and one kick that is missed entirely. It seems a simple thing to say, but the writer has seen a football star in high school actually try to punt three times and miss even touching the ball two of the three times. Twice the opponents recovered the ball, thereby gaining about forty yards each time by the kicker's mistake.

HOW TO PUNT

The punt is made with the instep, the top of the foot between the toe and the ankle. The drop-kick and place-kick are kicked with the toe. The first thing to do in punting, then, is to

Kick the ball with the top of the foot, toes and foot extended.

* Isabel kicked a high one over the catcher's head for 95 yards in the Ohio State-Michigan game of 1921. Hoge Workman kicked a low roller to one side of the catcher which travelled 100 yards in the Ohio State-Chicago game of 1922.

Watch the ball—look at it—stare at it—until the ball has left the foot.

Stand about ten yards back of the centre with hands and arms extended. Stand with the legs a comfortable distance apart, so that you can reach in either direction for the ball. The feet are on a line or the right foot is slightly back of the left. Most kickers take too many steps before they kick the ball. One correct step, and I believe the best step for the average kicker, is as follows: Stand with weight evenly distributed so that a possible bad pass from centre can be reached. As soon as the ball is caught after a good pass back from centre, put the weight on the left foot, lift the right, and step forward and a little to the right a comfortable distance. Step with the left foot and kick with the right. Many expert kickers stand with the right foot forward, and the weight on the left. They raise the right foot, taking a short step or hop-step forward from the left foot and kick.

The “rocker” punt is used in some advanced football circles. Practise steps slowly at first and speed up as you learn to kick. The right leg should be brought forward with knee slightly bent. The leg should be absolutely straightened just as the foot hits the ball. This extra slap or snap is

probably the most important thing in getting good distance in a kick.

Remember to keep the toes stretched forward and remember to watch the ball.

As you catch the ball from centre, shape the ball in your hands, extend your arms, and step forward. Hold the ball with fingers forward and spread over sides. Left hand should be in front of centre, right hand behind the centre of the ball. Hold it by pressing in rather than by having either hand under the ball. Drop the ball by separating the hands. Drop the ball parallel to the ground. As you become more expert you will be able to drop the ball with the front point slightly down. Drop the ball so that the front end is about an inch to the left of your toe. The force of the kick straight forward and the slight crossing of the ball on the foot gives it a whirling or spiral motion if it is kicked with the instep at or a little back of its centre. For the average punt the foot should meet the ball at least two feet above the ground.

The ball should never be thrown in the air and "kicked at"—it should be dropped as the hands are separated, and the shorter the distance it drops from the hands to the foot

before being kicked the less chance there is that it will not drop straight. Look at the ball until after it leaves the foot.

The ball may be dropped more across the instep, but this is more dangerous—too many such kicks slide off to the side. It is much better to have a punt sail forward any distance without being blocked by opponents than to have such a thing happen.

With a wet ball kick straight forward. Hold ball with hands on the sides and kick with leg swinging straight toward your opponent's goal. Unless you are very expert, do not try to kick a spiral. Play safe and kick the ball so that it travels end over end. It travels surely if you keep the toe down and hit it squarely.

POINTS TO REMEMBER IN PUNTING

The high kick is best except when you are kicking against the wind. The spiral kick is best for most purposes. The most important thing about a punt is getting it away safely. A punt must not slip off the side of the foot or be kicked so slowly or so low that the opponents can block it. Keep cool as you are about to kick and watch the ball. Practise kicking as accurately as possible with other players running at you trying to block

the kick. This should not be done until after the form of kicking has been learned. Don't try to kick the ball too far. Kick it sure and kick it where you want it to go. Accuracy, height, and distance combined is, of course, the ideal toward which you will work.

DROP-KICK

Drop-kicking is a matter of practice, co-ordination, and concentration. To the punter the centre passes the ball back, aiming at his hands, which are held shoulder-high. In the case of the drop-kicker, if he is a right-footed kicker, the centre passes the ball directly back to a point just above his right knee. The drop-kicker stands ten yards back of the centre with his right foot in front of his left. As he catches the ball he shifts his weight to his right foot and steps forward with the left, then sweeps the right forward to make the kick. The ball should be kicked well below its middle as it hits the ground. The ball may be held on the right hand, steadied with the left in front, and dropped a very short distance to the ground, practically straight up and down. In another popular method the ball is held and dropped with one hand on each side of its middle, fingers spread. It hits the ground with its top end inclined slightly toward the kicker. The toes are

stiff and the ankle is locked as the kick is made. The leg is swung forward with a scissors motion on an absolutely straight line. After the ball is kicked with the toe, the leg must follow through, close to the ground, on an absolutely straight line. The drop-kick is in reality a sharp push-kick. A drop-kick should be practised most of the time from fifteen to twenty yards away from the goal-post. A man can specialize and become a drop-kicker. With this ability he will get into many games, as a first-class drop-kicker can be used by any football team as a scorer when close to the goal-post.

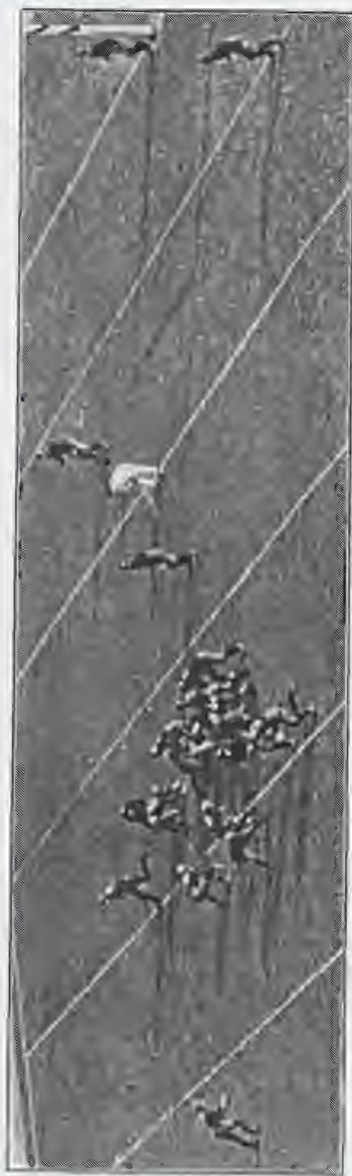
Get a line on the goal-posts first, then don't look at them until after the ball has been kicked. Look at the ball from the time it comes back to you from centre until it is kicked.

PLACE-KICKING

The holder of a place-kick kneels on his left knee eight yards back of the centre and reaches his hands toward the centre. He marks a place on the ground with a piece of paper, a chip, or some other object which tells the kicker where the ball is to be placed. The kicker stands usually with his feet together about two yards back of the spot from which the kick is to be made. He gets a line on the goal-posts, and then does not look



(A) A blocked drop-kick. This illustrates the proper drop-kicking form and the proper zone charging line-men should cover



(B) A successful third-down drop-kick. Note the absence of charging line-men in the centre zone directly in front of the ball.

PLATE IV

up again until the ball is kicked. He concentrates his attention on the spot. The ball is passed back by the centre. The holder receives it at the height of his right knee, and places it at right angles to the ground in one continuous motion. He may tip the top an inch or so toward the kicker. He holds it on the spot he has chosen, with one or two fingers or the palm of his right hand resting lightly on the upper point. As soon as the holder receives the ball from the centre the kicker starts forward taking a short step with the right foot, bringing the left foot up to a point about six inches to the left and back of the ball, and kicks the ball with the toe of his right well below its middle. The ankle and the leg are again rigid. The leg follows through on an exact line of the ball. If it follows through to left or right, the kick is usually not straight. The body should also follow through. The kick is sometimes made by a strong line-man who stands still and kicks with a leg-swing, with no steps. Kicks are also made with three or four well-timed running steps.

Watch the ball until it is kicked.

The tendency is to look up just before the ball is kicked.

Practise keeping your eye down after the ball has been kicked,

Place-kicks should be more accurate than drop-kicks.

The holder should keep a light pressure on the top of the ball until it is kicked out from under his hands. Do not kick a place-kick or drop-kick too hard, but try to get it comfortably over the bar.

MODIFIED FOOTBALL

Catching and kicking punts and drop-kicks may be practised for fun by means of a modified football game which is used in many places. The game may be played by any number on each side and may be played in a vacant lot, street, or on a regular field. Two goal-lines anywhere from 100 to 150 yards apart are chosen. If there are several very good kickers on the teams the greater distance should be used. One team takes the ball on its forty-yard line and kicks it by a punt or drop-kick. If the other team catches the ball safely in the air, the man catching it is allowed to take three long steps forward from the point the ball was caught and to kick it back to the first side. If this side fails to catch the ball, the advantage of three steps or five yards is not allowed. It must be kicked from the point to which it rolls. Of course the idea of the game is to kick the ball

to a place where a member of the other team will not catch it, and to kick it further each time than the other side. The ball is gradually worked back and forth until one side or the other drop-kicks it across the opponents' goal-line on the fly. In the game a punted ball which crosses the goal-line is kicked back from the goal-line. Two or more footballs may be used in one game to give active practice to a larger number of players.

The game gives a great deal of practice in catching kicked balls; it penalizes failure to catch the ball; it gives practice in kicking the ball for distance and also in placing the ball where members of the other team cannot reach it. All of these things enter into the actual kick in football. The game may be made a little more interesting by allowing a man to forward-pass the ball instead of kicking it, but of course the ball is returned from the spot where it is caught or the spot where it hits the ground. This game may be used even in training a regular team.

CHAPTER VI

THAT FORWARD PASS

The most exciting plays to the spectator are, of course, those he can see most clearly; plays that move fast but out in the open; and perhaps the most spectacular of these is the forward pass. Every detail of it is easy to follow and it has elements of uncertainty which give it great zest and interest. It may be caught or intercepted; it may not be held by the man receiving it, or the ball may fall to the ground without being touched, in which case the play is called "incomplete," and the ball is returned to its starting-point with the loss of one down to the offensive team.

The forward pass was introduced to make the game more interesting, more skilful, and less rough. When the plays are "mass plays" it is very hard to see the details of blocking and tackling. Mass plays are those which depend for success on power, drive, and a close grouping of team members. The down on which a mass play is tried is usually finished with a heap of players in one place, instead of being finished with

players well separated on the field, as is the case after the ordinary forward pass.

The forward pass is to football something of what the air service is to the army. It covers territory. It causes more thrills and tingles up and down one's spine than any other play. Some teams use it much more than others, but all teams use it. The boy learning to play must master it. The friend looking at the game needs to understand what it is all about.

What is it all about? Consider again our two football teams, this time with four boys on each team. We have seen that they could run to the side, at any angle, or straight ahead to make the necessary ten yards in four tries. Let us imagine that the first team has made two of their four tries and has carried the ball only three yards of the needed ten. This leaves seven yards to make in the remaining two tries. Suppose they had been unsuccessful in running around the end the first time and had made only a few yards by driving straight forward the second time. The offensive team quarter-back feels that the other team has a good defense and that they are just as fast and just as strong as his team. They are very likely to prevent steady gaining by running with the ball. The rules allow the team with the ball to make one forward pass during each scrim-

mage under certain restrictions. This gives them a chance to gain when their chance of carrying the ball forward does not seem good. The quarter-back now reasons thus: "Since we have seven yards to go with only two trials we will have to take a little risk and use the forward pass because it seems probable that we cannot make our distance in any other way." The ball is snapped for third trial. One of the offensive team gets the ball and his team-mate runs down the field or to the side. The boy with the ball attempts to pass it to him in such a way that the other side cannot intercept it or get possession of it. Many forward passes appear just as simple as this, but there is much more to the forward pass, especially when we see it played by the entire team of eleven men. Some of the things that enter into a successful forward pass will be of interest.

THE FORWARD-PASSER

This player is largely responsible for the success of his team's forward pass. His individual ability and skill in passing the ball forward with real accuracy and in fooling the defense in various ways are extremely important.

His first thought is to make certain he can get the ball passed forward without its being blocked by the intruding defensive players. In order to

do this he may stand a greater distance back of the centre than on the ordinary play. In case of long forward passes, the player is sometimes fifteen yards or more back of his centre. This gives his own receiving players a chance to get well down the field before the rush of the defensive players at him makes it necessary to pass the ball. When the passer is a great distance back of his own line, the defense can tell much better that a forward pass is planned.

The forward pass is best made from a formation which has been used to run, buck, or kick from. First, the player who is to forward-pass the ball usually tries to do something that will make the defensive side think that he is not going to forward-pass it. He usually runs to one side, just as he does when making an end run. The other side cannot tell the difference until he has actually forward-passed the ball. He may simply stand still, however, and look straight at the player to whom he is going to pass in order that the pass may be exact and accurate. Again, a clever passer may look in one direction and then suddenly turn and pass to a man in an entirely different part of the field just as the opponents are about to block his pass or tackle him.

The most expert passers can stand with ball poised, ready to pick the player of their team

who will be free and then pass to him. Such passing requires quick decision and rapid action, and is splendid training for the passer. A team with a passer who can "pick the open man" and successfully pass to him will seldom have the forward pass game stopped.

Ordinarily, the passer knows beforehand, after the signal has been called and before the ball is snapped, just where and to whom he is to pass the ball. It is not easy to forward-pass when members of the defensive side are rushing toward you, as they must do to prevent you from running with the ball. In some short passes the passer throws the ball forward almost immediately after he receives it from the centre. In longer passes he holds it long enough for the receivers to get to their positions. If he holds it too long the pass is in danger of being blocked.

Double or triple pass plays ending with a long forward pass are sometimes used to consume time, so that the receivers may run deep into the opponent's territory.

If the defensive men rush at the passer too fast and too straight, or do not rush him from all sides, we sometimes see a fake forward pass. The player with the ball may make a motion—for instance, raising the ball in the air as he does when about to pass it—and then may start to run with it

around the end. Many large gains are made this way. Some passers become so expert that they threaten a pass, dodge one or more opponents who are running at them, and finally do make a long throw if the path is not clear for a run. The dodging takes time and the receivers are able to run much farther down the field to receive the pass. This dodging is dangerous, but it may throw a defender off the scent and allow a receiver to stand, comparatively undefended, many yards away.

MAKING THE FORWARD PASS

The pass is a part of football that is easy to practise. Any boy can learn to forward-pass fairly well. Most boys can learn to catch a ball which is thrown near them. The boy who will succeed in passing must first learn to pass with accuracy. He must be able to pass directly at a man just a little ahead of him, or to a point where the receiver is expected to be. The art of passing the ball just ahead of the receiver who is on the run is called "leading" the receiver. There are some forward passes which are made directly to the receiver, who is standing still. These are ordinarily quickly made—short, fast passes. Many forward passes, however, must be passed to a receiver who is running as fast as he can go.

The pass must be made so that it comes within his reach and so that he does not have to slacken his speed to catch it. This kind of passing is a real art.

The passer should learn the spiral pass and the pass which has a slight upward curve to it, like a partly flattened rainbow. A forward pass which makes comparatively as big a curve in the air as does a rainbow will not travel fast, and the forward pass which travels on a straight line usually goes so fast that it is hard to handle. The aim of the boy learning to pass, then, is to throw the ball with a slight arc, so that it floats into the arms or hands of the receiver with comparative ease. He should also work at a sharp straight pass for short distances. Forward passing can be practised almost anywhere.

Accuracy is more important than any other element in passing. Always have a target, if it is only a space in the field. A moving target in the form of a receiver is best to practise with, although practice in throwing to a spot is valuable.



(A) The forward pass, non-grip method.



(B) This kind of forward pass receiving wins.



(C) The grip pass, which enables passer to start the ball much higher than the non-grip.

PLATE V

METHODS OF PASSING THE BALL (RIGHT-HANDED)

The pass may be effectively made in several ways.

Ball-Gripping Pass

This pass is commonly made by the boy with large hands or long fingers. The ball is grasped or gripped in one hand just back of its centre. The thumb or fingers are usually placed on the lacing. Grip passes are made, however, without regard to lacing by the most expert passers. The football is thrown forward the same as a baseball when the grip pass is used. A "wind-up" is used in case of long-distance passes and a snap throw for shorter distances.

The grip pass is usually fast. It is most accurate and most speedy in reaching the receiver. It is thrown with less arc and more on a straight line, like a strongly shot arrow seeking its mark. It is usually of necessity thrown with more of an arc in passes over twenty yards. Passes which travel fifty yards or more "on a bee-line" with only lob or arc enough to get them over the heads of the defense may win games.

The Non-Grip Pass

The average boy does not have hands large enough to grasp a football easily. Most boys are

so strong in the forearm, however, that they can grasp the ball in spite of small hands. Grasping the ball, however, is not necessary to successful forward passing. Any one can learn to forward-pass this way: Lay the football, lacing down, on the palm of the hand with fingers apart on the lacing. Steady the ball on the palm with the thumb outstretched. The centre of the ball should be slightly in front of the centre of the palm. Draw the right arm back over the shoulder, head-height, raising the left arm shoulder-high in front. At the same time, turn the body to the right and lean far enough back on the right foot to balance the ball. Bring the ball around so that the length is at a right angle to the direction you wish to throw. Bend the arm at the elbow and hold upper arm at right angle to body. The back end of the ball should be slightly lower than the front. Bring the throwing arm forward quickly, drawing the fingers across the lacing, downward and to left, with an arm and wrist snap as the ball points forward and slightly upward and leaves the hand. In this way a whirling motion from left to right is given to the ball. It travels a lot farther, faster, and straighter when thrown this way than it does when thrown end over end. Remember that the snap of the wrist to the left as the fingers are drawn downward across the lacing is an important help in throwing a forward pass.

This pass describes more of an arc and must be thrown higher to get the distance of a strongly thrown full arm-grip pass. The average boy can learn to throw twenty-five or thirty yards, some much farther. The high pass travels far, but the defensive side has more time to defend well against it.

The Underhand Non-Grip Pass

The underhand spiral may be used for short forward and lateral passes behind the line. The ball is laid on the palm with fingers spread across lacing. The arm is swung straight forward, as in bowling, with elbow stiff. As the hand passes the hip the hand is brought upward, forward, and to the left with a snap.

The ball can be passed a long distance this way if the arm is drawn far enough back and the body thrown into the heave with a right-to-left motion and follow-through.

It is best to practise the overhand forward pass because it is safer. The underhand pass starts at waist-level or lower and may easily be blocked. The overhand starts at least shoulder-high, and even then is sometimes blocked if the passer holds it too long before throwing. After learning to pass the ball from the standing position, the passer should learn to pass it while he is running. As he

gradually becomes expert in passing he will be able to throw a forward pass on the move by a rapid short-arm swing and wrist snap. This is a big advantage. It prevents the other side from knowing definitely whether or not you are going to pass.

RECEIVING THE PASS

The receiver of the pass has a different problem. The passer will not always be able to pass the ball exactly to the receiver as opponents are rushing at him hard. The receiver must learn to catch passes high in the air, close to the ground, far in front of him or behind him, while he is on the run. He must learn to catch passes thrown at him while he is standing still, even if they come at bullet-speed. He must learn, first of all, to receive the ball in his hands like the baseball. He must not fight it off, but must receive it and let it come to him. He must have a little give to his hands as he catches the ball. He must learn to catch passes over his shoulder, in his hands, or in an arm pocket when he is going at full speed, directly or at an angle away from the direction in which the ball is coming. If he can catch the ball with one hand it is a big advantage. Many players become so expert that they can do this. The average player should be able to stop a forward pass high in the air with one hand, so that it will drop into the

pocket formed by his outstretched arms and his body. The receiving of forward passes demands knack and skill and courage. Many college football players leave their feet and dive through the air and catch a forward pass in their hands only inches above the ground. Look at the ball, and concentrate all of your attention on the catching of it as soon as it is passed and the proper holding of it after it is caught. This seems a simple thing to say, but new players in football will find the simplest things and the smallest details often prove most important.

The player who is "going out" or running down-field to catch the forward pass has a separate group of things to think about. The signal which has been called usually tells him exactly the direction he is to run and how far he is to run. The simplest possible thing for him to do is to run straight down the field as fast and as far as he can, trying to get free of the defensive player who, of course, must try to prevent him from getting the ball. When the ball is passed forward to him, it is usually a matter of running faster or jumping higher than his opponent if the pass is successful. The pass is successful if he catches the ball before it hits the ground. This is one kind of a forward pass. The other kind is a shorter, faster pass, usually out to the side. The idea of this pass is

that the passer passes the ball to the receiver three or four yards down the field very quickly before the other side is able to come up to reach him. Defenders may tackle the receiver for a short gain, stopping him before he has gone more than a few yards beyond his own line. The forward pass is successful if it gains four yards.

The way the receiver sometimes runs may decide whether the pass is to be successful or not. Every active boy has enjoyed dodging, cross-tag, and other running games in which the players suddenly change directions. It is sport to run directly at an opponent and then suddenly to swerve, curve, cut, or dodge in a different direction. This old dodge is of real value in the forward passing game in football. The best man to receive a forward pass is the man who can catch the ball surely every time it is thrown near him and who is able to get away from his opponents long enough to safely catch this pass. When the ability to get free is combined with a forward passer who can pass the ball exactly as he wants to, we usually have a successful forward passing game. The big idea is that the forward passer most of the time passes the ball where the receiver is going to be, rather than where he is. The forward passer knows just exactly which way the receiver is going and then passes the ball to the point to which the dodge or run will lead the receiver. The opponent



(A) Inward forward pass line playing formation. Backline, second from right, has run beyond the halfback which gives basis for a long pass.



(B) A successful long angle forward pass

PLATE VI

follows the dodger, but the dodger is usually one or two steps ahead, because he knows where he is going and his defender does not.

When we consider the problems of one man going out to catch a forward pass, we realize what the forward passing game may mean with five or even six men on the team eligible to go out and receive the pass. Team forward passing includes the individual abilities mentioned. It also includes such things as "decoys." More than one eligible man runs directly at a defender. The offensive passer has no thought of passing to the first man, but plans on passing to the second man. The first man simply runs at the defensive player as a decoy, that is, to attract the attention of the defensive man so that the second man may receive the forward pass without much trouble.

The receiver may use other methods of "breaking free" to receive the pass. He may pause for two seconds or more after the ball has been passed before running out to receive it. The attention of the defense is taken by the men who have started out as soon as the ball was snapped and the delayed receiver is usually free.

The spread forward pass is a play in which the offensive team spreads itself at intervals of several yards across the field in order to give its forward pass receivers more space in which to avoid the defenders. The screen forward pass

is a play in which the line-men of the offensive team rush out in front of the defensive men and try to keep between them and the ball without interfering with their bodies. The line-men on the team with the ball are not allowed to interfere in any way with defensive players while the forward pass is in the air.

There are many other forms of the forward pass. One thing that is not ordinarily understood is the fact that men are eligible to receive a forward pass who are on the ends of the line of scrimmage or more than a yard back of the line of scrimmage *at the time the ball is put into play*, or at the time the centre snaps the ball back, no matter where they may have been a moment before. This opens the way for many complicated plays.

FORWARD PASS RESTRICTIONS

The forward passing game with eleven men has its limitation by rule. The forward passer must be more than five yards back of the line before he can forward-pass. Only one forward pass may be made in each play. Any number of backward passes, that is, passes toward our own goal-line, may be made in any one play. In addition to any number of backward passes, one forward pass may still be made, whether it comes first or last.

The men on the ends of the line and the men a

yard or more back of the line *at the time the ball is put in play* are allowed to receive forward passes. Any member of the team can forward-pass, but he must be more than five yards back of the place the ball is put in play. Often a line-man is left on the end of the line and is therefore eligible to receive a forward pass. The centre is even sometimes left on the end of the line of scrimmage, and we see him passing the ball back to a team-mate and then receiving it again after a pass forward. A great many high-school teams have made touch-downs this way. Some college teams have done so. The ambitious player, however, will see that no matter how clever the forward passing scheme may be, it will not be successful if the forward passer is not accurate and if the men who try to receive the pass cannot catch and hold on to it.

There are a great number of forward pass plays in spite of restrictions. The distribution of men on a forward pass is usually called the pattern or forward pass distribution.

The forward pass holds most of the opportunity for advanced strategy and cunning in the game of football, and the younger generation of boys can realize that its possibilities in football have not nearly been reached.

CHAPTER VII

TRYING FOR EACH POSITION

CENTRE

1. Qualifications.

- (a) Older common idea—the fat player.
- (b) Newer idea—“sturdy,” “knacky,” thinking charger or “rover.” He should be a popular, active, adaptable, unexcitable, self-confident, fighting leader with as much experience in general football as possible.

2. Offense. Centre is a specialist in passing and charging.

- (a) Always first man to the ball to start play.
- (b) Technic. Special.
- (c) Steady, accurate passer.
- (d) Become a blocker—but only after accurate passing.

Learn hard-shoulder and cross-body blocks carefully, alone and with another.

Occasionally knife through the line for the fullback with flying or rolling block.

- (e) Run interference—rarely, or protect space between guards.

(f) Go down the field under punts—second wave.

3. Defense.

(a) Technic.

(b) Diagnose plays.

(c) Be in and out of line physically and mentally.

(d) Tackling—all methods.

(e) Forward pass defense—all methods.

(f) Special charge through to block kicks—know offensive generalship for defensive thinking. Know the rules.

Special Offense Technic.

Bend knees and balance body forward on balls of feet which are comfortably separated.

Either foot forward. Toe of rear foot about on line with heel of front.

Arms extended to ball, steadying your balance. Keep back and neck stiff, and rump lower than head.

Test steadiness by having another try to throw you off balance in each direction.

Use spiral pass. Watch your pass.

Right-hand fingers spread, placed around and under right side of ball near the front point. Left hand over upper left side near rear point. Pass with back-

ward sweeping lift of right arm, which gives spiral. Guide with left. Charge at opponent's legs.

Aim ball to quarter's hands if he is playing close. In the direct pass game aim at thighs, waist, or shoulders of the back-field men for drives, runs, or kicks respectively.

Special Centre Defense.

- (a) Charging—start in line. Charge through hard or cover space as ordinary line-man.
- (b) Rover—start in line. Charge hard half through. Get to the ball out behind your own line.
- (c) Half open—start one yard back of line. Come up or go back.
- (d) Open—start several yards behind tackle. Act as second fullback.

GUARD

I. Qualifications.

- (a) Sturdiness, strength, and endurance, with as much activity and experience as possible. Least experienced strong player may play guard.
- (b) Types—large protective, large moving, short strong, small active “steel trap,” tall running interferer.

2. Offense.

- (a) Technic—be on the line of scrimmage with one hand and the opposite foot, or both hands within one foot of the imaginary line passing through the close end of the ball.
- (b) Learn terrific charging, blocking, and hole-opening, alone or with another.
Hard-shoulder block is most used. Learn all blocks, stay low, drive, and keep your feet.
- (c) Have “will to do” straight ahead.
- (d) Run interference—step off with near foot and *run low*.
- (e) Protect a large space.
- (f) Receive an occasional forward pass from “shifted-eligibility” formation.
- (g) Be fast, down under punts in first or second wave.
- (h) Effective legal “potential interferer” in screen pass.
- (i) Practise kick-off and place-kick.

3. Defense.

- (a) Technic—see chapter on defense.
- (b) Drive low at the ball or protect space to your outside.
- (c) Specialize on tremendous stiff-arm charge and powerful unyielding leg drive.

- (d) Be able to go, charge under, and "pile things up."
- (e) Learn all forms of tackling especially close, low, hard-shoulder tackle.
- (f) Special kick blocking and rushing the forward passer.
- (g) Read simple signs—eyes, pointing, and false starts.
- (h) Possible special forward pass defense, zone or man method. Know the rules.

TACKLE

1 Qualifications.

- (a) Strong, fast, shifty, co-ordinated player.
- (b) Most versatile and intelligent, fastest large line-man.
- (c) Another type—smaller, faster player who can use head, feet, and hands to fine advantage.
- (d) Combine the power of the guard and the speed and "knackiness" of the end.
- (e) Tackles ordinarily have the qualifications for a centre or fullback.

2. Offense.

(a) Technic.

One or two hand modified sprint start—rump low, short step, keep low, stiff back; keep your feet.

- (b) Effective in blocking and opening holes alone or with another.

Pair with guard, end, another tackle, or centre.

Should be most effective, all-purpose line blocker.

- (c) Line-man most commonly used in interference.

Know open-field blocking well.

- (d) Down-field, with ends under punts—first wave.

- (e) Receive forward passes like an end.

- (f) Special running with the ball—know how to handle ball like a back-field man.

- (g) Usually has possibility in kick-off, place-kick, or drop-kick or punt.

- (h) Potential interferer in screen pass.

Defense.

- (a) Technic.

Use broad-base crouch or one-hand or two-hand modified sprint start. Always take position far enough to the outside of your guard and play to the outside. Follow an offensive end to one side up to five yards. Be shifty. Change position and keep your feet. Keep your head to the ball.

See chapter on defense.

- (b) Tremendous power and speed of arm, body, and leg charge. Keep your feet. Smash interference.
- (c) Smash interference. Carry the fight into the enemies' territory; do damage.
- (d) Theoretically cover more ground than the guard.
- (e) Endure and come back for more.
- (f) Perfect all forms of tackling.
- (g) Great opportunity to block kicks.
- (h) Press or rush the forward passer; make him get rid of the ball. Try to block his pass.
- (i) Diagnose plays by simple signs.
 - Know offensive generalship for defensive purpose.
 - Know the rules.

ENDS

1. Qualifications.

- (a) Ideal—speed, alertness, and co-ordination of a back with power of a tackle.
- (b) Types—blocker, stocky or tall; tall pass receiver; small aggressive tackling, speeding fighter; “ball-hawk”; knacky, alert thinker with clever foot work; a quick thinker with as much speed and power as possible.

2. Offense.

(a) Technic.

One-hand modified sprint start. Be able to block from unexpected angles. Vary your position with relation to defensive tackle and feel him out.

(b) Block the tackle effectively alone. All forms of blocking.

(c) Speed, hand and foot work, and certain tackling under punts.

(d) Receive forward passes at any angle with certainty.

(e) Interfere, usually through own line ahead of play.

(f) Special running with ball or forward passing offense.

(g) Be a position "fluffer" or "slicker."

3. Defense.

(a) Technic.

Use crouch or one-hand modified sprint start. Envelop, play, charge three to five yards straight across line. Wait or fight to the play, using arms, feet, and body.

Smash—drive directly at play. Go under or get set and wait after three or four steps in.

Sift—work to ball, using arms.

In all forms keep legs away from interferers by use of arms and foot work.

- (b) Be shifty without being "a shifter" and without sacrificing effective use of hands on interferers.
- (c) Be an infallible "steel trap" and absolutely certain tackler from all positions and angles. The end particularly, as is the case with line-men, must be able to throw himself low in any direction and tackle after being partially blocked.
- (d) Diagnose plays.
- (e) Occasional zone and man forward pass defense. Be adaptable.
- (f) Be able to be up on line and go in to meet play. Be back three to five yards and come up. Be up and drop back if "flat" pass is threatened.
- (g) Be the best ball-hawk or fumble-recoverer on the field.
 Know generalship.
 Know rules.

I. Types.

QUARTER-BACK

- (a) The third-running or interfering back of the direct-passing game.
- (b) The small fast, clever, "pep-distributing" driver.

- (c) The "general," with personality and ability to think for others "under fire," regardless of other qualifications.
- 2. Size and special abilities, as kicking, forward passing, running, blocking, are desirable but are secondary to personality, energy, leadership, and ability to think generalship correctly under fire.

The quarter-back should be the "brains of the team" and the "life of the football party."

Offense—A Specialist

1. Special technic.

- (a) Indirect pass. Receive the ball from centre and feed it to other backs with absolute accuracy without fumble. Squat in easy position directly behind or at right angles to the centre. Receive the ball in hands; pivot or drive with rear or closest foot. Place ball across plunger's body above waist and hold it there. Toss it with one continuous motion to a runner and get into interference. Have ability to quarter-back sneak, staying on feet as long as possible.
- (b) Direct pass. Use modified sprint start and advance the ball, kick pass, receive passes,

or interfere like any other back. It is usually best to do as few things as necessary when responsible for calling signals. Don't shirk, however. Do whatever there is to do to the best of your ability.

2. Call signals in a stimulating manner, with clearness, precision, and uniformity.
3. Clear-headedness, a sense of subtleties, and ability to read the defense necessary.
4. Be an open-field interference runner.
5. Be a four-threat man—a runner, punter, field goal-kicker, and passer if possible.
6. Be able to receive forward passes.
7. Be able to appreciate and use all of your offensive strength to best advantage. Do not advance the ball yourself any more than necessary—think for the others and use them.
8. Be an absolute optimist and “morale” producer.
9. Study generalship of all kinds—running, plunging, kicking, passing, scoring.

Defense

1. General technic. Quarter-back usually fourth line of defense. *Involves absolute sureness in punt-catching*, knowledge of the flight of football. Watch the forward point of a spiral

punt after the ball has reached its highest point. If ball is level or front point slightly lower, ball travels well. If front point distinctly higher, ball drops short of expected point. If ball travels end over end, it travels as expected. Allow for the wind. Cover the wide part of the field physically or mentally when expecting a punt.

2. Needs "long-range" adaptability.
 - (a) Play the ball hard or take man farthest down-field in case of long forward pass.
 - (b) Must know open-field running rules and sure open-field tackling. Learn to force open-field runner to the side lines. When tackling as "last man" between runner and goal, come up slowly on toes with easy base, watching knees or waist. This tackling needs practice and sense of great responsibility.
3. Play defensive half-back inside twenty-yard line.
4. Use deep position to plan ahead, but don't get careless or absent-minded under any condition.
5. Must adapt readily to special "quarter-back close" form of defense.

General

1. Needs perfect knowledge of rules.
2. Must be a step in advance of all other players in knowledge of offensive and defensive generalship.

HALF-BACKS

1. Types.
 - (a) The sturdy driver and interferer.
 - (b) The "speed artist" and open-field runner.
 - (c) The "combination" of above.
 - (d) The "four-threat or five-threat" man.
2. Desirable qualities.

Physical speed, power, endurance, knackiness, adaptability, and open and close defensive ability.

Offense

1. Technic.

Use modified sprint-start position, near-foot pivot, or forward-foot drive in starting. Proper holding ball, body position, and knee action as in illustrations. Ball is held in arm away from line or tackler. Learn straight-arm and open-field running tactics.

2. Advance the ball.

(a) Plunging and driving body forward, knees high, head up, not back; eyes open, short steps, feet apart; break or pick an opening or drive for yards. Keep feet as long as possible and then drive, twist, tear, or plunge forward.

(b) Running. Start and ball as above. Run to one side under full speed and under full stride until cut or sweep is determined, then full speed, ready to straight-arm.

Use front cross step, change of pace, side step, plain dodge, reverse step, or swerve of hips. Use straight arm with all.

3. Handle ball throughout with ease and accuracy.

4. Make sure interference alone or combined. Make occasional line block in special formation.

5. Receive forward passes with certainty while running full speed or standing still.

6. Pass short, long, or lateral passes.

7. Block accurately to protect kicker or passer.

8. Drop or place kicking ability desirable.

9. Speed in getting down-field under a punt in second or third wave.

10. Courage and speed of decision in running and "forward-mindedness" necessary.

Defense

1. Stand in proper position on toes, mentally alert, hands ready for use on blockers.
2. Must have ability to diagnose or figure out a play as soon as it starts. Ability to be back and come up fast to meet play, to be up close and go back to defend a pass, to be back and go back quickly for punt or long pass.
3. Ability to follow a man effectively without fouling in defending a forward pass. Ability to protect a zone or play the ball under similar condition.
4. Sure tackling ability—close, at a distance, and cross.
5. Read signs—position of ends and backs.
6. Occasional special kick, blocking.

General

Know rules.

Know offensive strategy for defensive purposes.

FULLBACK

1. Types.

- (a) The guard of the back-field, a "shock absorber," the "rock of Gibraltar," or back-field "shock troops."
 - (b) Big, fast, powerful, fearless, self-sacrificing, mental quarter-back.
2. The centre of back-field—power, reliability, endurance, and self-sacrificing interference. Power enough for close defense. Intelligence, speed of reaction enough for open defense.

Offense

- 1. Technic. Modified sprint start. Same as half-back, with emphasis on plunging.
- 2. A straight plunger, short or long slant runner, or driving open runner. The more open-field ability in addition to above the better.
- 3. Unfailing player in interference and special end-blocking. Interfering specialist.
- 4. Certain protection for kicker and passer.
- 5. Passing and kicking ability of all kinds very desirable.
- 6. Ability to make and receive forward passes very desirable.
- 7. Speed in "third wave" under punts after punt is safely away.

Defense

1. Will stand two to five yards back of centre, alert and ready. Has most varied, difficult defensive assignment.
2. Must be real diagnostician. Should be able to tell what nature of play will be run—plunge, run, pass, or kick. Decide and then act.
3. Must be fierce, punishing, close and open tackler.
4. Must cover territory from end to end, and must come up fast to close holes in the line.
5. Needs sturdiness, unfailing fighting spirit, and ability to take punishment in backing the line.
6. Certain forward pass protection.
7. Should act as back-field and line-shift director. Needs mental and physical adaptability.
8. Judgment in going back to help receive punts.
9. Special kick-blocking possibility.

General

1. Know offensive generalship for defensive purposes.
2. Know rules.
3. Be a "morale" rallier.

CHAPTER VIII

OFFENSIVE PLAYS

OFFENSIVE FORMATIONS

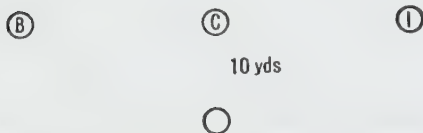
In order to learn something about formations for the offense, let us assume a team of four men, *C*, *R*, *I*, and *B*, in possession of the ball, trying to carry it toward the other team's goal. Here we need a combination of abilities. The centre (*C*) must know how to pass the ball back successfully to the runner (*R*). The runner (*R*) must know how to properly hold the ball, and how to start and run with it to best advantage for a buck, slant, or an end run. *I* and *B* must know how to block the opponents so that they cannot get at *R* to tackle him. They must know how to block these opponents effectively without making a foul.

With these individual abilities learned then the team of four must place itself in a certain formation before it starts its play. Different formations may be used for running, bucking, kicking, and forward passing, but if this is done the other side can usually tell what is going to happen, and what kind of a play it is going to

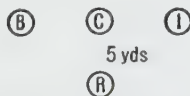
be. The first thing for the team with the ball to do, then, is to take a formation or place its men in such positions that the defense will not know what to expect. This is usually accomplished by taking a formation from which any kind of a play may be tried. This point is best illustrated by the following diagrams.



(A) Close formation—best for plunging



(B) Wide formation—for forward pass or kick Very weak for plunge.



(C) All-purpose formation—not extremely wide nor extremely close.
ILLUSTRATED OFFENSIVE FORMATIONS—4 PLAYERS ONLY

The all-purpose formation for advancing the ball has these features:

The blockers *B* and *I* are far enough outside the centre so they may block the opponents

toward the centre as the end run starts. They are not so far away from centre that all the concentration of their combined blocking force is lost for the plunges and slants.

The runner *R* is far enough back of the line to make the end run and forward pass effectively and still not so far back that he cannot plunge or run on a slant at the opposing line.

Consider again, for purposes of illustration, two teams of four players each. The following diagrams will illustrate, in the simplest form, the various kinds of offensive plays. In these diagrams the centre *C* passes the ball back to the runner, passer, or punter *R*. There are two or three men "on the line" who may block or interfere, or run down the field to get a forward pass. When full teams of eleven men each are playing, we see the same general principles used with more men to block or interfere, more men to go down the field to catch a forward pass, more men to protect the man who is forward-passing or kicking, and more men to run down the field to prevent the other side from bringing the ball back in case of a punt.

In regular formations there are only a few restrictions to the way the team lines up. There must be seven men on the line at the time the ball is snapped. If a line-man is used back of

the line to run, or for any other purpose, he must be at least five yards back, and some one must take his place on the line.

Diagram C illustrates a formation from which all plays may be tried. It corresponds to a close punt formation in regular eleven-man-team football.

In the following diagrams, the O's are the members of the team with the ball, the numerals those of the defensive team which is trying to prevent the O team from gaining. Let us consider only the O's, or offensive players, at present. Here we have:

R—Runner, or man who is to advance with the ball.

C—Centre, to pass ball and block.

B—Blocker on line, guard, tackle, or end.

I—Second blocker or interferer, end or back-field man.

Before we start with simple diagrams let us consider some of the ways of advancing the ball.

Plays are named from the course the man with the ball takes and the method he uses to advance it.

I. RUNNING PLAYS

A. Straight plays or power plays.

1. Plunges or straight bucks or jabs.

2. Slants, guard and tackle bucks or drives.
3. Cross-slants or cross-bucks.
4. Sneaks.

B. Running plays.

1. Angle plays or hole-picking plays or cut-back bucks.

2. Short end runs or cut-back end runs.

3. Long end runs, sweep runs, or "out-and-up" runs.

4. Reverse end runs or come-back runs.

C. Trick plays or plays of deception.

1. Splits, split bucks, or split plunges.

2. Delayed bucks or plunges.

3. Whirl or spin plunges or concealed ball plays.

4. Split interference plays.

5. Criss-crosses or double-pass runs.

6. Triple passes.

7. Double-pass forward passes.

8. Triple-pass forward passes.

9. Fake forward pass end runs.

10. Fake buck forward passes.

11. Man-in-motion plays.

II. PASSING PLAYS

1. Long straight forward pass, standing or running.

2. Short or flat forward pass, standing or running. Two types, behind line and down-field.
3. Angle forward passes.
4. Decoy forward passes.
5. Screened forward passes.
6. Delayed forward passes.
7. Shifting-eligibility forward passes.
8. Lateral passing plays.

III. KICKING PLAYS

A. Kicks from scrimmage.

1. Punts for height, distance, and direction.
2. Quick kicks from plunging or running formations.
3. Scoring kicks.
 - (a) Drop-kicks.
 - (b) Place-kicks.
4. Try for point, drop, or place kicks.

B. Free kicks.

1. Long-placed kick-offs.
2. Short-placed kick-offs.
3. Distance kick-offs.
4. Kicks following fair catch or kicks from free-kick formation.
 - (a) On-side punt.
 - (b) Place-kick for score.
 - (c) Drop-kick for score.

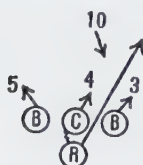


FIG 1 STRAIGHT LINE PLUNGE OR BUCK

Fig. 1 illustrates the principle of the simplest play—the plunge or buck straight toward the opponent's goal. *R*, runner or plunger, stands close, three or four yards, back of the centre. The line-men or blockers, *B*, *C*, *B*, crouch in the starting position, shoulder to shoulder. As *C* passes the ball back, they all charge or start forward together. All make hard driving shoulder blocks and attempt to force defensive players, 3, 4, 5, back or to one side. *R* receives the ball and plunges forward with all his power straight ahead. If the line-men make an opening, he plunges through it. If the line-men do not make an opening, he may dive over the top of the defensive line-men as they struggle to prevent the offensive line-men from forcing them out of the way.

We call this a "power play," since the gain depends largely on the power of the line-men in making an opening and the power of the run of *R* as he tries to advance the ball.

Plays of this kind should gain an average of about two yards.

In all plays we are supposing teams are of equal strength. If one team or even one man is much stronger than the opposing team or man, plays gain much more easily.

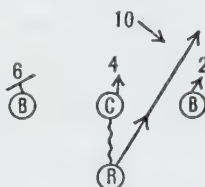


FIG 2 SHORT SLANT OR PLUNGE

This play (Fig. 2) goes a little farther to one side of the centre. It is usually what we call an "inside-tackle play." *R* stands as before, receives the ball from centre, and carries it to the left of 2, who represents the defensive left tackle. Offensive plays are spoken of in terms of the defensive players. For example, an inside-tackle play means a play inside of the opposing tackle. *B* shoulder-blocks 2 to the right. *C* shoulder-blocks 4 to the left. *B* prevents 6 from getting to the ball or to *R*, who is carrying it, by a cross-body block, as shown. *B* is not interested in knocking 6 farther to the left, because that would waste his energy. Therefore, he makes a block which may not force 6 out of the way but which prevents him from getting to *R*. Short slants should average slightly

greater gain than straight plunges. They should be slightly more certain of gain.

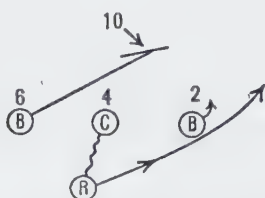


FIG 3 LONG-SLANT OR OFF-TACKLE DRIVE

In this play (Fig. 3) *R* carries the ball still farther to one side of his own centre. He receives the ball from centre and carries it on a straight line outside of 2, the opposing left tackle. *B* drives 2 to the left with a hard-shoulder block. *C* prevents 4 from reaching the runner by a cross-body block. *B* to the left of centre *C* is so far away from the place *R* is going to carry the ball that it is not necessary for him to block at all. 6 is too far away to catch *R*, even if he is not blocked. *B* "crosses in front of the play" and tries to prevent 10, a back-field man of the defense, from tackling *R*. In order to do this he would have to make a side-flying block.

Tackle plays are among the best consistent gaining plays in football. Such plays well executed should average two to four yard gains. No gain or a slight loss may also occasionally

result because the runner takes more time to get up to the line from which the ball started. The defense has slightly more time to see where the ball is going and to get to the runner, than in case of a straight plunge. Frequently *R* is instructed to run directly at the tackle 2 and then to swerve inside or outside of the position. This is one scoring method.

The above play is also a cross-buck, because *R* starts to the left of his own centre and drives at the other side of centre.

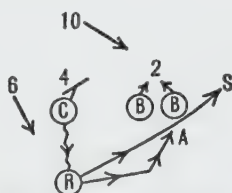


FIG. 3A S, LONG SLANT WITH COMBINATION LINE BLOCKING
A, ANGLE DRIVE PLAY OFF TACKLE

In these various plays the work of the line in front of the man with the ball is very important. The line is combined in different ways. Sometimes one man shoulder-blocks an opponent. Most of the time, in straight play, two men of the offense are assigned to make a combination-drive block on one man of the defense. Sometimes three offensive men are assigned to block one especially strong defensive man at the point the play is going.

Fig. 3A illustrates two blockers blocking together on defensive tackle 2 to force him out of the way so that *R* may carry the ball over his position on an off-tackle drive. The second line *A* illustrates the course *R* might take in an angle drive off the same tackle.



FIG. 4 QUARTER-BACK SNEAK

In Fig. 4 *R* stands as close to centre as he can get, reaching his hands down toward the ball. The line-men drive forward shoulder to shoulder, as in the plunge. *R* takes the ball from centre directly, pauses a moment as the line charges forward, then sneaks through any opening that may appear between the guards 3 and 5. In all plunge plays, short slants, and sneaks the runner should take short, choppy, fast steps and pick up his feet well as he runs.

It would seem very simple for the defensive team to stop *R* before he had gone very far, but with the full eleven-man team the other three back-field men are doing things such as running

straight to one side, making believe that they are carrying the ball. These movements distract the attention of the line-men momentarily from the quarter-back who is closest to them, and the play frequently gains two or three yards, sometimes much more.

If *R* after receiving the ball from centre should pass it back to another or back-field player for a plunge or run, we should have an illustration of the indirect-pass offense. The direct-pass offense is illustrated in any play in which the centre passes the ball directly to the player who is to advance with it.

When *B*, *C*, *B* are stronger players than 3, 4, 5, the play gains by pure power.

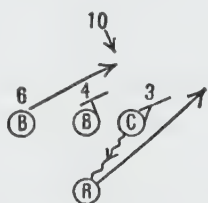


FIG 5 REVERSE BUCK OR PLUNGE

The reverse buck does not mean running into the line backward. In case of shift plays, where there are more line-men on one side of the offensive centre than on the other, the defensive players shift in that direction. The play is usually made

to the side on which the greatest number of offensive line-men are placed. Knowing this, the defensive players sometimes shift too far to that side. When they do, a reverse buck or plunge to the weak side is used.

B and *B* have both shifted to the left of centre *C*. 3, 4, and 6 have shifted to that side, as they should. 3 has shifted too far. The ball is passed to *R*, who carries it outside of guard 3 on a reverse buck.

The principle is the same in the reverse end run. In the illustration, *R* would start straight to the right in such a play. Aiming to run to the outside of a tackle or an end who had shifted too far.

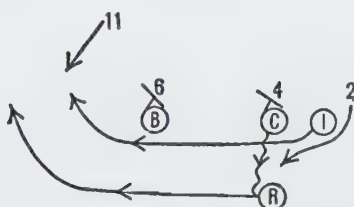


FIG 6 LONG OR SWEEP END RUN

In end-running plays *R* usually drops farther back of the centre, five yards at least. This gives him a better chance to get a good start to the side before the defense can reach him. *B* moves farther out to one side so that he can more effec-

tively block with his body between the defensive player and the direction in which *R* is running. The end usually does this in complete team-play. *R* receives the ball from centre, tucks it under his left arm, the arm farthest from the defensive players, and runs straight for the side line. *B* blocks 6 to the right. *C* blocks 4 to the right. Both of these blocks are cross-body blocks. *I* represents a line-man who leaves his position on the line and runs ahead of *R*. He interferes with defensive men and tries to prevent them from stopping *R* by blocking. *I* does not attempt to block 2 because *R* will run so fast to his left that 2 will not have a good chance of catching him. If 2 is an especially fast man it will be necessary to leave *I* in the line to block him. *R* starts down-field toward the other team's goal as soon as he finds himself outside; in this case, to the left of the outside defensive man 11.

End runners should always remember to start toward the other goal as soon as possible. Distance to the side does not count. It is the number of yards travelled toward the opponent's goal that brings first down. *R* should never run back.

The end run usually starts from 4 to 10 yards back of the centre. It is known as a long-gaining play. When successful it gains more ground than plunges or drives. It should bring an aver-

age 3-5 yard gain. However, it may be more frequently stopped for an actual loss of distance for reasons previously noted (Fig. 3A). In general, the following is true, that the more open the play the greater the chance of good gain, but also the greater the danger of loss of distance.

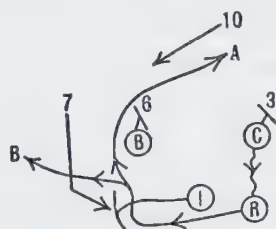


FIG. 7. A, SHORT OR CUT-BACK END RUN B, IN-AND-OUT END RUN

In Fig. 7 the runner *R* starts straight to the side after receiving the ball from centre *C*, the same as he would do in case of a long end run. The defensive players start to the right in full pursuit. Instead of continuing as he started, the runner *R* suddenly changes direction and starts straight up the field, or back to the right instead of keeping on straight to the left. This change in direction catches the defense "off their stride," and many good gains are made this way. Back-field men are usually primary interferers in the end run. *I* is this time used to illustrate back-field interference. He starts from a point to the left of *R*. Because

of this formation taken at the start of the play, 7, 6, and 3 have shifted out to their right. 7 illustrates the end of the defensive team. *B* and *C* cross-body-block to the right. *R* receives the ball from centre and runs straight to the left at three-quarters speed. *I* runs straight to the left as 7, the end, comes charging across to tackle *R*. *I* shoulder-blocks or cross-body-blocks 6. At the moment he does this, *R* cuts quickly to the right as shown. He may turn to the left again or continue to the right in a cut-back as illustrated. If he turned to the left, as he would if his cut-back course were blocked, he would be executing an "in-and-out" or "swerve" end run, illustrated by course B.

When we plan a forward pass for distance (Fig. 8), that is, over fifteen yards, the passer *P* will stand farther back of the centre than the runner on an ordinary end run. He will do this in order to give the receiver, *R*, time to get down the field beyond defending half-back 11, who illustrates the secondary defense. Defensive line-men rush back at the passer as soon as the ball is passed back to him, and try to force him to pass it as soon as possible. In this standing pass, *P* stands still, ten to fifteen yards back of the centre. *R* (receiver) does not attempt to block 6, but avoids him and runs straight down the field as fast and as far

as possible. *P* holds the ball as long as he can, then yells "ball" to catch *R*'s attention, and for-

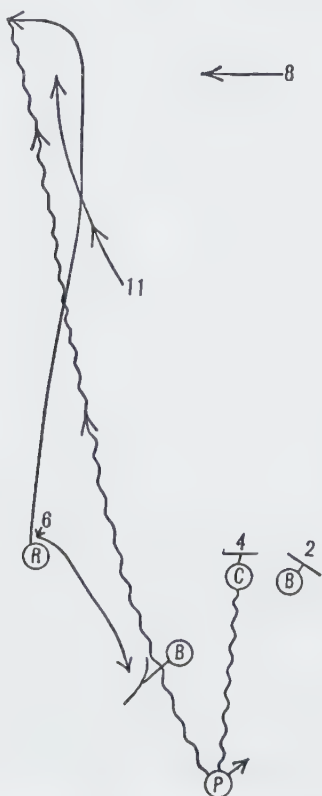


FIG 8 STRAIGHT DEEP-STANDING FORWARD PASS

ward-passes the ball to the point which he believes *R* can reach by running at full speed. *R*

turns to his left in order to put his back toward 10, and tries to catch the ball before it touches the ground. *C* and *B* cross-body-block and stay in front of 4 and 2 as long as possible to prevent them from interfering with the passing of the ball. Instead of standing still, *R* might run several yards to the side, stop and forward-pass, or might even forward-pass while on the run. The standing pass is usually more accurate and less deceptive.

The long forward pass frequently results in long gains. It is also frequently incomplete and less frequently intercepted by the opponents. The danger of interception with its consequent loss of the ball, equivalent to 40 yards, prevents more frequent use of forward passes. Such long passes are usually used beyond the middle of the field or third down, after a loss of ground, or very small gain in the first two downs.

Fig. 9 shows the famous short pass which is usually made from an end-running formation. It starts very much like an end run. *C* passes the ball back to the passer, who takes several steps straight to the right as in an end run, then straightens up and passes a short quick pass to receiver *R*, who has run five to ten yards to the side. *R* may represent either an end or a back-field man, starting from an ordinary back-field position. *B* runs

to the right as on an end run, but continues running wide to protect against the chance of the short pass being intercepted by 10 or the half-back

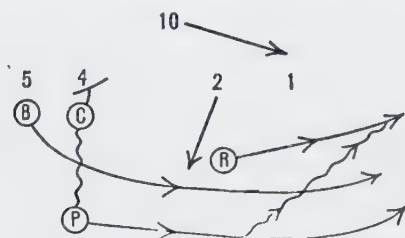


FIG 9 FLAT OR SIDE PASS

not shown. This pass seldom gains more than three or four yards, and is even sometimes tackled without gain. With a good passer the play is not as dangerous as it seems. The play looks dangerous because if either 2 or 10 caught the ball as it was passed forward toward R, they might make a long gain before B or P could tackle them.

The short pass must be made quickly. It must be made definitely with the idea of getting over or beyond 2, here representing left end, who is the most dangerous man, as an interceptor. The short pass is being used in many ways as a regular part of the offense, instead of a chance-taking play to be used only once or twice in a game.

This pass is a lot easier for a right-hand passer

when started to the right. Every one expects it to go to the right, therefore play it to the left.

QUICK CHANGE FROM OFFENSE TO DEFENSE

Fig. 9 may illustrate the fact that the offensive team may quickly change and become the defensive team when the other side gets the ball by intercepting a forward pass or by receiving a punt. This is one very important thing for the younger player to learn. On the defense he may use his hands and tackle; on the offense it is a foul for him to use his hands or tackle, but he must block. Again let us remember that it is *a very important thing to be able to change quickly from the defense to the offense and from the offense to the defense*. If the players of the team that intercepted the pass did not immediately run after their player who intercepted it, in order to block and interfere for him, the advantage he gained by intercepting would not be as great as it should be.

When one side punts the ball the same idea is illustrated. As soon as the ball is kicked by one side, the receiving side changes from the defense to the offense. Notice the players of the side that kicked the ball. They use their hands in an effort to get at the ball, or the man carrying the ball. Look at the players of the receiving

side after they have charged the kicker and the ball has been kicked. They try to block the men coming down the field, but do not use their arms or hands.

The line-men, charging through to block a punt, use their hands as strongly as they can to block the punt, but as soon as the ball is kicked the rules practically tie their hands and arms, and they are only allowed to block with their bodies, because they have changed from defensive to offensive men.

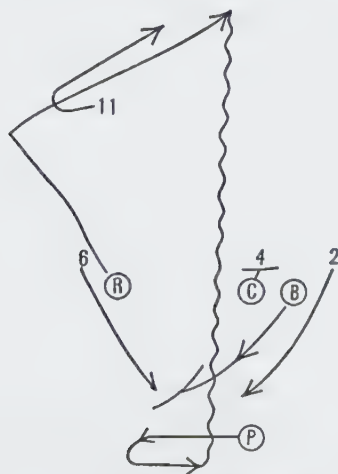


FIG 10 ANGLE FORWARD PASS

In this play (Fig. 10) *R* (receiver) angles or dodges in order to be free to catch the forward pass.

Passer (*P*) receives the ball from centre, starts a run to the left, turns back to the right and makes the pass as shown. *C* blocks 4 with a cross-body block. *B* is a line-man who runs behind his own line to cross-body-block 6 and protect the forward passer so that he may safely make his pass. In eleven-man formations back-field men as well as line-men are used to protect or block for the forward passer. *R* avoids 6 after standing in front of him, making believe to block him, runs to the left, then turns with a sharp angle to the right, thereby avoiding 11, who has run to his right to meet him.

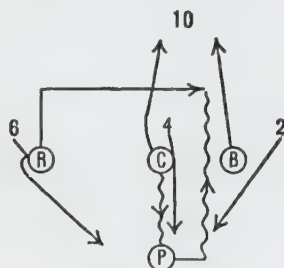


FIG. 11 SCREEN FORWARD PASS

The screen forward pass is a short forward pass just over the line of scrimmage. It is called a screen pass because the line-men *C* and *B* do not attempt to block the opposing line-men, but simply run down the field attempting to get in front of the secondary defense and screen off their

view of the pass-receiver. At one time the line-men acted as a screen of interference, and do now, after the receiver has caught the pass. Passer *P* stands five yards back of the centre. He may be further back. *C* and *B* do not even try to block 4 and 2 after the ball is passed, as in other plays, but charge through toward 10. They try to get in front of him without touching him. *R* (receiver), usually an end, steps a yard or two forward and then runs in behind *C* and *B* to receive a pass from *P*. 6, 4, and 2, finding themselves uninterfered with, will usually rush toward passer, leaving a wide-open zone. *P* takes a step to one side or back and tosses the ball to *R* in the open zone. *C* and *B* are not allowed to touch 10 while the pass is in the air, but as soon as the ball is caught they interfere for *R*.

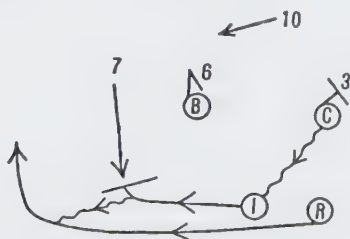


FIG 12 RUNNING LATERAL PASS

In the lateral pass one back-field player receives the ball from centre, runs with it to the

side, and passes it backward or to the side to another one of his team just as he is about to be tackled. *I* receives the ball from centre, runs to his left until he is about to be tackled by 7. Just before he is tackled he passes the ball with an underhand, spiral toss to *R*, who has started running to the side, as shown. *B* and *C* cross-body-block 6 and 3, respectively, to the right.

This play is a lot of fun to practise. It will not be used frequently during a game unless

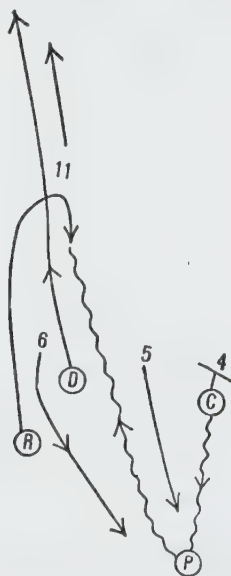


FIG 13 DECOY FORWARD PASS

much practice has been had in perfecting it. It is not so dangerous as it seems. Plays of this type are sometimes used to score, especially when there is a fourth down and more than two or three yards to go.

In Fig. 13, *D* is the player who would be expected to receive a forward pass. He runs down the field at full speed, and is followed by the secondary defense. The defense usually follows him very closely if he is an outstanding player. *R* follows on the line that he runs. *R* is another man eligible to receive the pass. *D* keeps on running while *R* stops short. Passer *P* looks down the field at *D* as though planning to pass to him, and suddenly passes the ball to *R*, to whom he had planned to pass from the start of the play. *D* is the decoy for *R*. *C* blocks 4, and *P* makes the pass to *R* before 5 or 6 can reach him. The players who are going out to catch a forward pass may find it necessary to fight their way by defensive men who try to prevent them from getting out free. Receivers must realize this, and when they are called to receive a forward pass must shake themselves free from defenders, especially linemen who are coached to interfere with them and speed to their receiving position.

Only the players who are on the end of the line of scrimmage or a yard back of the line at the

time the ball is snapped are eligible to receive a forward pass. The defense protects against those men who are eligible. If the defense covers the men

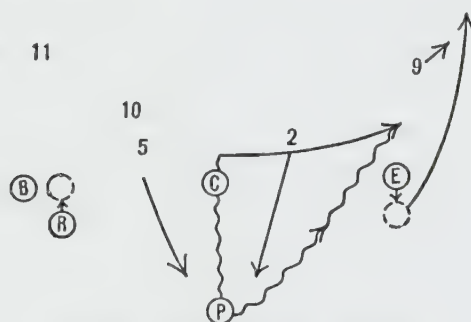
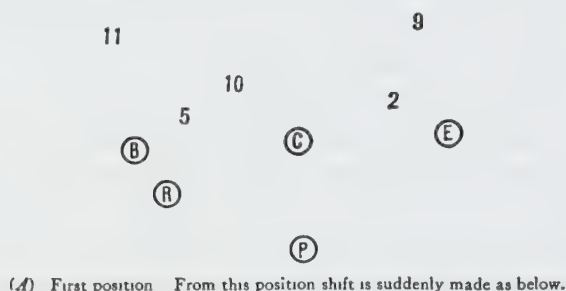


FIG 14 SHIFTED ELIGIBILITY FORWARD PASS

they see are eligible, and then the offense makes a quick shift so that another player becomes eligible, the defense has a hard time to defend against the newly made receiver. There must be seven men on the line of scrimmage at the time

the ball is snapped. In the diagram let us figure that it is necessary for three men to be on the line of scrimmage at the time the ball is snapped. In (A) these men are *B*, *C*, and *E*. *B* and *E* are eligible to receive a forward pass because they are on the end of the line of scrimmage. *R* is eligible to receive a forward pass because he is a yard back of the line of scrimmage. The defense assigns 2 and 5 to rush at passer *P*, assigns 11 to watch *B*, 9 to watch *E*, and 10 to watch *R*. Just before the ball is snapped, *O* team shifts into position *B*. *E* hops a yard back of the line, making *C* eligible to receive a forward pass. *R* hops up on the line, making himself ineligible to receive a forward pass, but making the required three men on the line. Before 10 can shift his attention from *R* to *C*, *C* passes the ball back to *P*, the passer, who forward-passes it to *C*.

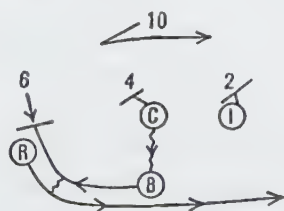


FIG 15 A DOUBLE PASS OR CRISS-CROSS

In Fig. 15 *B* receives the ball from centre and runs to the left. *R*, the fastest back-field man,

starts running to the right at the same time, or after a momentary pause. *B* passes the ball directly back to *R* as they pass. The defense has started in the direction the first man has run. Before they can change directions or before they realize that the ball has been passed to another, *R* is usually in position to make a good gain.

C and *I* step to the right as *B* runs to the left, then with this advantage, as 2 and 4 start toward *B*, cross-body them to the left.

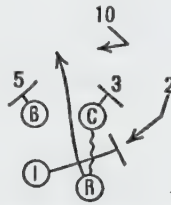


FIG 16 DECEPTION PLAY—SPLIT BUCK

In the deception play, Fig. 16, *R* receives the ball from centre and pauses momentarily. *I* runs to the right in front of *R*. He runs as he would run if he had the ball and was starting on a short cross slant at 2. He crosses in front of *R*. In theory this draws 2 and 3 toward *I*. *R* crouches, takes a very short step in the same direction *I* is going, and then plunges back to the left after *I* has passed in front of him.

The split buck is more effective when there is a

player close behind centre, handling the ball. If there were such a man behind *C*, he would turn and act as he would if he were going to pass the ball to *I*, then as *I* passed he would turn and actually pass the ball to *R*. *C* cross-body-blocks 3 to the right. *B* cross-body-blocks 5 to the left. The secondary defense 10 is frequently fooled into thinking that *I* has the ball instead of *R*. Such strategy is frequently used when in the scoring zone inside the 20-yard line of the defensive team.

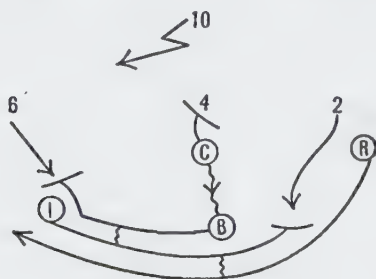


FIG. 17. TRIPLE PASS

In Fig. 17, *B* receives the ball from centre and starts to run to the left. *I* and *R* pause momentarily and then start running back as indicated. *B* passes the ball back to *I* while both are running. *I* carries the ball a few yards and passes it back in turn to *R*, who is running in the opposite direction. The ball starts to the left and is finally carried back to the left. *C* cross-body-blocks 4 to the

right to keep him away from the direction in which *R* is finally going to carry the ball. After passing the ball, *B* and *I* block 6 and 2 as diagrammed.

The rapid change in direction is supposed to dazzle the defense.

If 2, 4, and 6, the defensive line-men, charged fast across the line well into the offensive team's back-field, the chances of such a play succeeding would not be great.

Plays of this nature are sometimes referred to as brain-storms. Such a play might be used in the offensive zone especially well between the 40 and 20 yard lines. It might also be used as a "brain-storm" fourth down, 5 yards to go, on the 5-yard 10 yards from the right side-line.

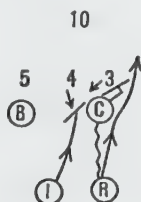


FIG 18 DELAYED BUCK OR PLUNGE

In Fig. 18, *C* passes the ball back to *R*, who pauses or delays momentarily. *I* starts to plunge straight at 4 as soon as the ball is passed. His plunge, even though he does not have the ball, theoretically draws 3 and 4 toward him. After a second

or so has elapsed or rather enough time to allow 3 to start toward *I*, *R* plunges to the right.

This, of course, is simply the principle of the delayed plunge. With four men in the back-field and with the quarter-back close behind centre, the deception is much greater.

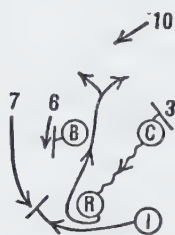


FIG 19 WHIRL OR SPIN PLUNGE

Fig. 19 shows another form of running deception. *R* receives the ball from centre and whirls to the right, in position, pretending to pass the ball to *I* for a run to his left. Instead of passing the ball, however, *R* keeps possession of it and whirls, plunging into the line between 3 and 6. *B* is shown blocking 6 to the left, while *C* blocks 3 to the right.

In plays of this kind special types of line-blocking are sometimes used. One of these types is called "cross-blocking." In this style *B* would cross in front of *C* and block 3, while *C* would run to the left behind *B* and block 6 to the right. *R* and *I* would act the same. This is a very effective type

of line-blocking because 3 and 6 do not expect men to come at them from such an angle.

One of the greatest sources of deception in football is the use of companion plays, or plays

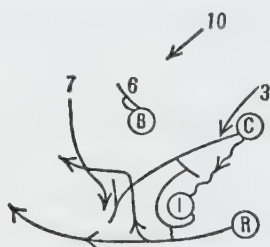


FIG 20. FAKE WHIRL END RUN
COMPANION PLAY OF FIG 19

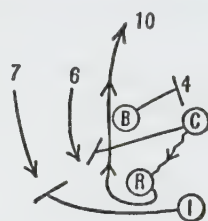


FIG 21 WHIRL PLUNGE
WITH CROSS-BLOCKING
BY LINE-MEN

which start the same and appear to be the same, but which finish differently. The above is an illustration. The ball is passed to *I*, who now becomes runner instead of interferer as before. He whirls, but this time passes the ball back to *R*, who runs with it to the left. *B* cross-body-blocks 6 to the right, and *C* cross-body-blocks 7 to the left, allowing *I* either to cut inside or go wide for an end run. The wide run is more effective, especially when paired with the whirl plunge. In pairing, one play follows the other. The following (Fig. 21) is a modified form of semi-whirl deception. *R* receives the ball and whirls only part way to the right, faking to give the ball to *I*. In-

stead of continuing his right turn after faking, he turns quickly back to his left, and plunges straight into the line.

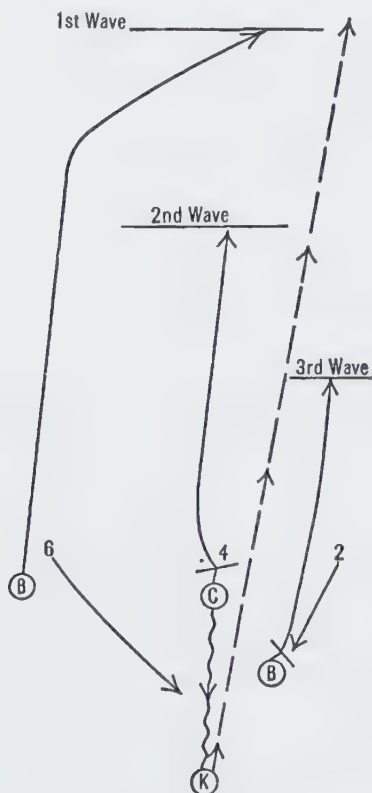


FIG 22 A PUNT

If the offensive team plans to kick, their first thought is to put themselves into a formation

which will prevent the other side from blocking the ball as it is kicked forward. In order to do this, the kicker *K* must stand further back of the centre than he does on an end run. Teams kick the ball from a distance varying from eight to twelve yards back of the centre. Ten yards is a good distance. Centre passes the ball back to the kicker *K* as fast as the kicker can handle the ball. *B* represents an end. He avoids 6, and runs down the field as fast as he can as soon as the ball is passed back. He does this so that he may be as close as possible to the point to which the ball is to be kicked, so as to tackle the defensive man who catches it quickly. *C* blocks 4, and tries to keep his block until he hears the ball kicked down the field. He then gets to the point of the ball as fast as possible, as part of the second wave. He and the other players who start down-field as soon as the ball leaves the centre's hands form what may be known as the first wave under the punt. It is usually made up of both ends and one or possibly two of the fastest line-men.

The other three back-field men block the in-rushing defensive line-men and keep them out of the course of the punted ball. These players go down-field as the third wave. They usually protect the outside against a punt-receiver who runs back toward the side-line. In this they correspond to ends in usual defensive play. One

or more of the back-field men may start down-field as soon as the ball is passed back, leaving only two to protect. This plan is not advisable for the average team. The kicker usually stays back to act fourth line of defense or safety man. A blocked punt is a real disaster, and the kicking side must practise a great deal to learn to punt safely. As soon as the ball is kicked, all except one player get down the field as fast as they can. The one player stays back to handle the outside chance of a returned kick.

IV. SHIFT PLAYS

A. In line shift plays certain players on the line shift from one side of centre to the other side just before the ball is snapped to "fool the defense."

B. Back-field shift plays are those in which the backs change positions, usually jumping, stepping, running, cross-stepping or side-stepping further to one side or the other before the ball is snapped. This is usually done at the same time the line shifts.

The ball is snapped as soon as the players come to a complete stop after they change positions.

The greater number of these play principles may be tried from the usual formations by either direct or indirect centre pass.

FOOTBALL

(A.) Regular.



(B.) Ends out.



(C) Ends wide



(D) Split line



(E) Spread line



(F) Spread split line



(G) Spread line with concentration



(H) Nine-man line—seven line-men, two backs



FIG 23 OFFENSIVE LINE FORMATIONS—BALANCED LINE FORMATIONS

See key to diagrams, p 173

OFFENSIVE PLAYS

131

(A) One man over—guard or tackle.



(B) Special running formation one man over—ends left



(C.) Two men over—guard and tackle.



(D.) Three men over—centre on end of line



(E) Split line—one man over



(F) Spread line—two men over



(G) Spread line—three men over with concentration



(H) Eight-man line—four to right Full-back usually on line



FIG 24 OFFENSIVE LINE FORMATIONS—UNBALANCED OR SHIFT LINE FORMATIONS

All plays from scrimmage or at each down start when the centre passes the ball back. In the direct-pass plays he passes it directly to the player who is to try to advance it. In indirect-pass plays he passes it to a player—usually the quarter-back—who stands directly behind the centre, receives the ball in his hands, and then usually passes it further back to the player who is to try to advance it.

In general, the indirect pass with quarter-back close to centre is supposedly best for plunge, slant, split, and delayed plunge plays.

The direct pass is supposedly better for running, passing, and kicking plays.

An increasing number of teams are using the direct pass for all kinds of plays.

The diagrams illustrate the principles of building up successful plays. There are more men blocking on the line—seven or more instead of two or three. There are more back-field men to run in front of the runner and to interfere—three instead of one, as in these diagrams. The correct assignment of the work, that is, the kind of blocks on the line or in the interference, is the basis of building successful football plays.

The same plays will not do for all kinds of teams. The big, heavy, slow-moving team, made up of big players with strong runners, will de-

pend more on bucking the other fellow's line than on forward-passing and end-running. The

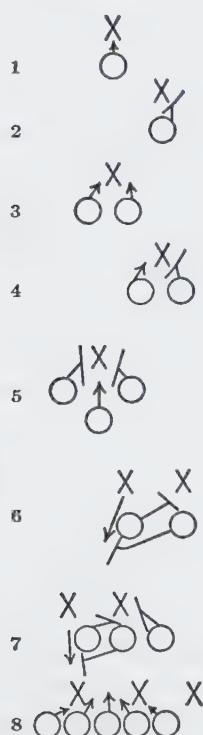


FIG 25 FORMS OF OFFENSIVE LINE-BLOCKING

small, fast team, or that made up of small, fast men, will depend more on end-running and forward-passing.

The small, fast team, however, will many times be a good bucking team, because they can start faster or charge faster than their larger opponents, and because their runners are sometimes, in fact, usually, more spirited. The team that has a good punter and fast men playing on the ends of the line will depend more on the punt to gain. They will use the punt more frequently than the team who does not have a good punter but who has a good forward passer, or a good end runner and good interferers.

In the actual plays we must remember these things: That the biggest thing in successful football plays is the way each individual executes the thing he is assigned to do. If a man is told to cross-body-block an opponent and keep him out of the play, he must not fail to do it, otherwise the opponent will come in and prevent the play from succeeding. If a player is given the signal for an off-tackle drive, and all the rest of the men are trying to make the way for him off, or outside of the opponent's tackle, the runner cannot run straight ahead and expect to gain very much ground. Proper execution of plays means that every man is doing exactly what he has been told to do, and at exactly the right time. If one player does not execute what he individually is supposed to do, the whole play usually suffers.

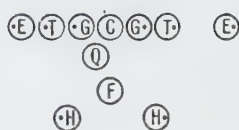
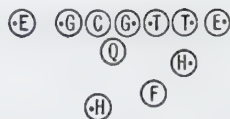


FIG 26 A PAGE OF GOOD OFFENSIVE FORMATIONS

This does not mean that a player should always run exactly where the signal calls him to run when there is a large "hole" in the opponents' line close by that place. As a rule he should, and then, if the play does not go well because there is no opening, it is not his fault. Perfect team-work, or working together, is the only way play execution can be brought about.

Another point should be remembered: No team, whether made up of three men or eleven men, can handle a large number of plays as successfully as they can a few plays. The policy of a few plays, very well learned, has proved much better than that of a great many plays only partly learned and partly executed.

Of course a team will learn as many plays well as they are capable of learning well. Many college teams use about thirty plays during the season. Some use more and some less, depending partly on how many can be well learned and well executed. It takes a great deal of practice to learn how to execute a play well, and players starting in the game should realize that anything worth doing at all is worth doing well. A player should learn to admit that he does not know what he is to do on a certain play instead of trying to bluff if he does not remember his duties. Learn plays well, practise them alone and as a team, put

spirit behind them and they will be well executed.

The following figures make up a cycle of complete plays from a single formation which is usually called the short-punt formation. Many of the principles outlined in the previous schematic diagrams are here illustrated with the full eleven men cooperating to make them successful against a full eleven of defensive players. Plunges, runs, deception plays, forward passes, and kicks are included. If a team were to be restricted to one formation, I believe this one would serve well.

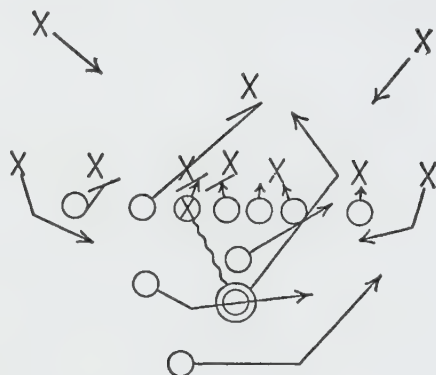
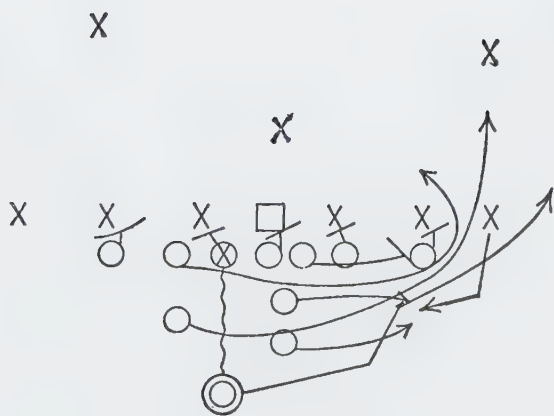
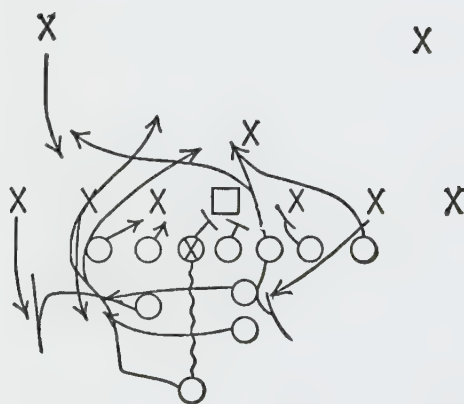
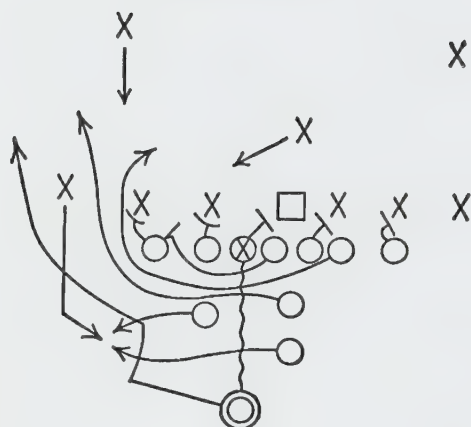
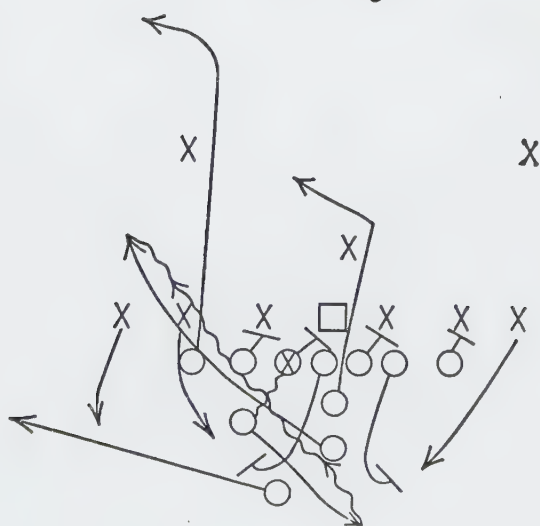
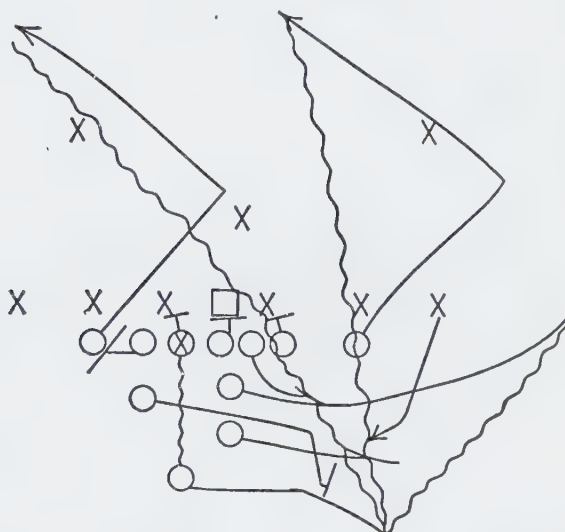
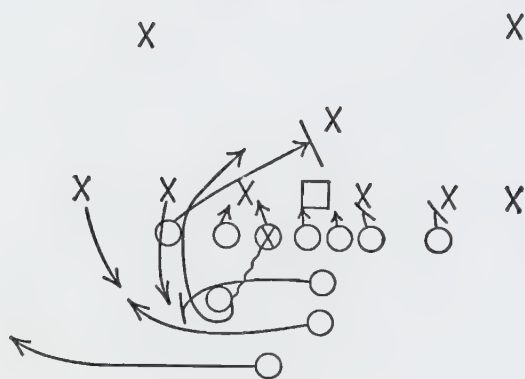


FIG 27. A COMPLETE SET OF PLAYS (PAGES 138-145)



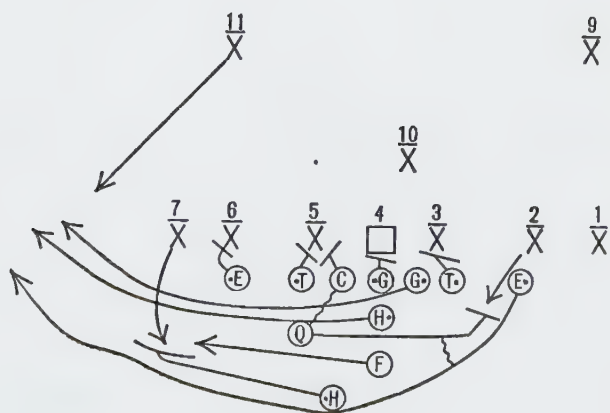
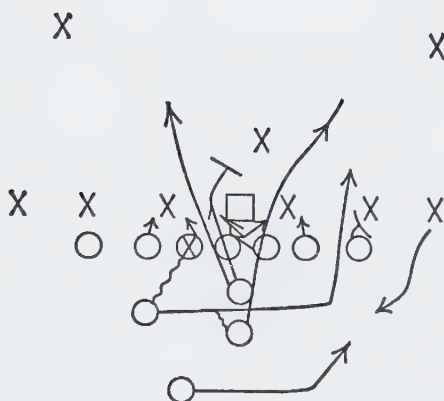


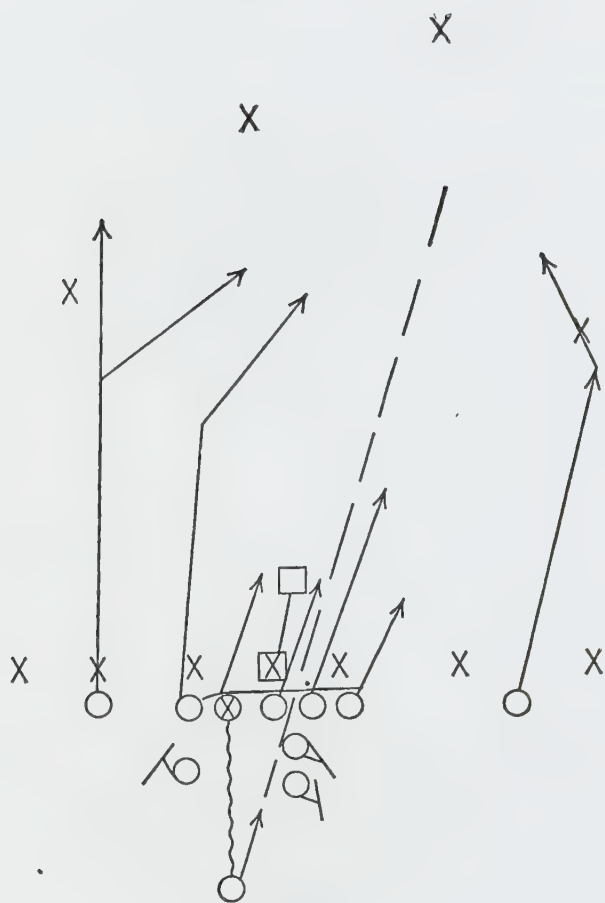




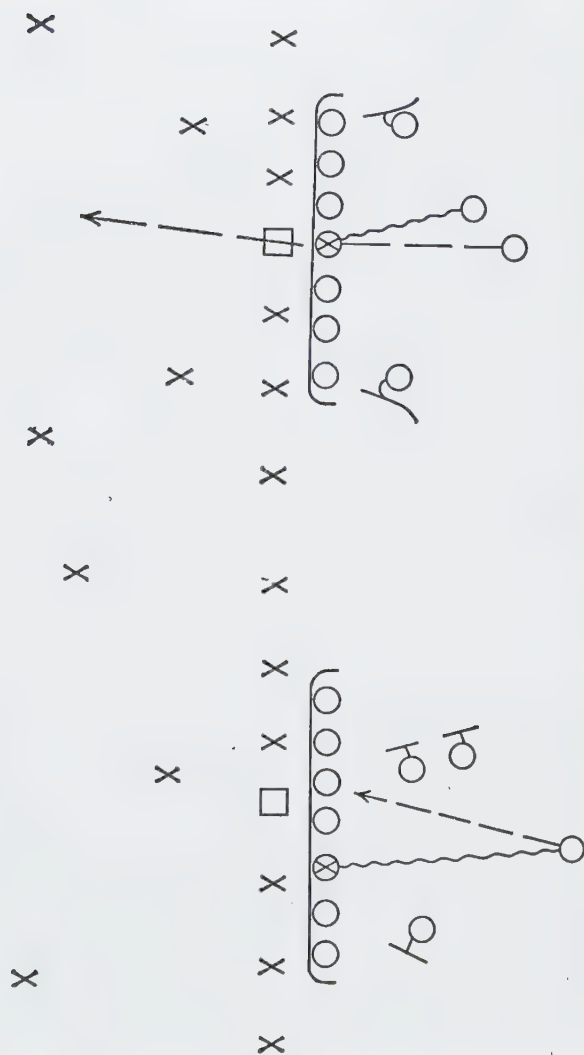
OFFENSIVE PLAYS

143





A PUNT



DROP-KICK AND PLACE-KICK EITHER PLACE OR DROP KICK MAY BE USED IN TRY FOR POINT

CHAPTER IX

LEARNING FOOTBALL DEFENSE

You will agree that the offense is the most interesting part of the game. It is human nature to be with the fellow who has the ball and to follow the team that has the ball.

Is a good offense the best defense? No! When a player realizes all there is to defense, and when a spectator appreciates what is happening as we try to meet the plays and threats of the other side, it will prove more interesting.

First Individual Defense

The first questions in defense are: "What can each player do?" "How well can he do it?" If a player doesn't have enough drive, strength and speed to charge and tackle, his team's defense cannot be the best. Consider what the coach tells the new line players they must do when on defense.

As the other side lines up think of these things:

1. Take proper position for charging.
2. Stand or crouch proper distance from your own players.
3. Watch the ball.
4. Charge forward with all

your strength as the ball is snapped back by the other side. 5. Use your hands and arms vigorously on the opposing player as you drive forward and upward. 6. Hold the opposing player away from your body or legs with your stiff arms until you see where the ball is going. 7. Fight your way toward the ball as soon as you see where it is going. 8. When you get to the man with the ball, drive low and tackle as hard as you know how, or "do damage." Stop the man with the ball or, at least, two interferers.

The proper position for charging differs. Guards use sprinting start. Tacklers use the modified sprinting start—outside leg forward, inside hand down—or the crouching start.

Defensive players must not be over the imaginary line which runs through the end of the ball closest to them. In taking the starting position, come as close to the line as possible without being across. Have the arms ready to use, but do not seesaw the arms back and forth. Keep arms in front.

The seven men on the line are spaced according to the formation of the other team, but usually the guards are a yard and a half away from centre, and the tackles two and one-half yards outside of the guards. The ends are two to five yards outside of the tackles.

When the other team has the ball we must first remember that the ball is the thing in which we are interested. We must first *watch the ball* and see where it is going before we can stop it from advancing toward our goal. The defensive players are interested in the offensive players, primarily because they are connected with the ball.

The defensive line-men should get the jump or get the charge straight forward as the ball is snapped back, for two reasons. The first reason is to prevent the offensive team from getting under way, or getting a good start. In any race if we let our opponent get a start on us it is hard to catch up. If we get an even start with him it is easier to stay with him. The second reason is that the offensive players are trying to start as soon as the ball is snapped to block the defensive. If the offensive man gets the jump before the defensive player has a chance to start forward, the offensive block is a lot more effective than the defensive charge. This is the reason that an offensive starting signal is of great value. It helps the offense get the jump. If the defensive player starts or charges faster and holds off the offensive player, it is very hard for the offensive player to block successfully for the runner. This "getting the jump" is, therefore, a very important

thing. The offensive team which gets the jump usually gains ground. When the defensive players get the jump and use their hands well, no straight or slant play will gain very much with teams of even strength.

Of course the defensive players, or those who are on a line with the ball, do not know for certain just what kind of a play the team with the ball is going to use. Because of this their first start, or charge forward, must be straight ahead as hard as possible. The first charge straight ahead should prevent the offensive line-men from successfully blocking. The use of hands and stiff arms during this charge is necessary. Many new players let their arms bend as they charge forward. They let their opponents come against their body. This is wrong. Arms must be used to hold off the opponents' charge long enough to see where the ball goes. Head up, arms stiff and wrists stiff, apply hand both to head, head and neck, neck and shoulder, or shoulder and hip of opponent. Use leg drive with back and shoulders forward and stiff.

Second Defensive Action

Everything which has been done up to this time might be called "indeterminate," or "first," actions.

We don't know what is going to happen. No matter what happens, our combination of first moves is largely the same.

Determine the direction of the play. See who is carrying the ball. If the charging defense man holds opponents off with his arms, this is possible. If I do not use my hands well I am blocked. My attention is taken by trying to get away from the blocker, and I cannot well watch the play.

The "second defensive actions" are summed up by the instruction: "Fight your way to the ball around, through, over, or under your opponent, and 'do damage.'"

Some players seem to think they are through after the first charge is made. Remember to follow your charge through. Throw your opponent up or down, to one side or the other, or straight back into the play. If the play comes at you, go down under it. Meet it with your head and shoulders, burrowing toward it, arms ready to tackle. Your legs should drive like piston-rods behind you until the ball is stopped. If the play does not come directly at your position, fight your way to it.

Guards fight directly at the ball. Tackles "protect the outside" or "follow around" fast if the play goes on the other side. Tackles "fight in" to a play on their side and try to smash things

up. A powerful tackle is the greatest factor in defeating running plays. He should be a "crasher," a legitimate play-smasher.

Ends "stay outside" or smash "straight in," or "follow around" very slowly and watchfully if the play goes around the other end.

Centre plays either like a guard smashing through or under, or charges and comes out behind his line, and plays like the fullback.

All players tackle or "smash under" and "do damage" when the point of the ball is approached or reached.

Individual Back-Field Defense

Back-field individual defense is somewhat different.

Half-backs and fullbacks stand the proper distance from line halves, five to eight yards (twelve to twenty yards on punt formation). Stand on toes, hands and arms ready to use on your opponents if they come through. Watch the man you are responsible for in a forward pass. Try to figure out what he is trying to do before the play starts. Is he trying to get into a good position to block? Is he trying to edge "away from" defensive men so that he will be free to go out for a forward pass or down the field under a punt? Remember, players often aim to fool the defense.

They act as if they were playing to block, and then suddenly run out. They act as if trying to avoid the defense, then suddenly block instead after defense is "thrown off." If the end-man is trying to get in position to block, the play will probably be coming to your side. Be on your toes ready to start forward to meet it. Hold your position as the ball is snapped back. Don't charge forward as a line-man does. If the play comes to your side and the end-man is blocking instead of coming out, come up slowly to meet the play. Come up slowly until you are sure of the location of the ball, then come up with all of your speed and power to tackle him, and drive him back. Try always to stay outside of the runner. Keep him from the side-line. Do not let him get around you.

If the play goes to the other side, watch for "cut-backs" to your side. Follow across the field slowly. Do not allow a runner to pass the line on which you cross the field. He may get to it, but never allow him to get beyond it. A common fault in a half-back is overrunning. In case the play starts to the opposite side, the new half-back may run toward it at full speed. If the play turns out to be a cut-back end run and gets beyond the line, it results in a good gain. Half-backs always must have a mental picture of a

cut-back and be prepared for one if the play goes to the other side.

After the fullback has taken his position three to five yards behind the centre, he picks his forward-pass-man, if any. He watches the ball as far as possible. He tends to start in the direction of the play. If any man remains in the back-field the fullback watches until all chance for a plunge into the line is past.

The fullback's defensive job is the hardest of all. He must decide quickly what the play is, no matter to which side it starts, and then cover it, whether it be a run, plunge, pass, split, or brain-storm.

In case of doubt the fullback holds position or backs away from the play until he decides what it is. He then gets to the ball as fast as possible.

The fullback is often blocked by a line-man or an end coming through the line to him. In such plays the line-man makes no attempt to block a line-man. He is assigned to block the fullback, so rushes straight at him.

Fullbacks must realize their danger as they stand "sizing up a play." Have your hands in a position to hold such blockers off. Be on your toes, so that you can sidestep or start quickly to avoid them. Never stand flat-footed.

The team defense depends greatly on your own

ability in "sizing up" a play, effectiveness of charging, and use of hands, energy in following through to the ball, and ability and courage in tackling. We consider also speed in rushing the passer and punter.

Back-field defense depends on ability to size up a play, speed in getting to the play, effectiveness in tackling, and speed in following a forward-pass-receiver in blocking.

The half-backs watch the ends. The fullback and centre usually watch the backs.

After watching your man, watch the ball. The start of your man tells when the ball is snapped. If he comes out of the line, instead of blocking, follow him. At the same time watch the course of the ball as far as possible. If your man blocks, watch the ball. If the play comes to your side, charge forward to meet it before it passes the line of scrimmage. Always stay to the outside.

TEAM DEFENSE

Effective defense lies, first, as we have seen, in individual execution, watching the ball, charging, getting to the ball, and, finally, tackling the man with the ball as soon as possible. In order to do this most effectively the positions must be different as different plays are tried. The defensive formations will differ nearly as much as the offen-

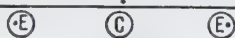
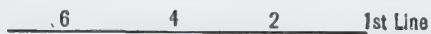
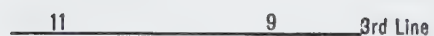
sive formations. Consider the offensive diagram and concentrate on the defensive side as represented by the numbers which represent defensive players.

The following defensive figures include eight of eleven players of two teams. They represent one complete side of each line of players. Centres are *C* and 4. Guard, tackle, and end are represented by *G*, *T*, *E*, and 3, 2, 1. The entire back field of each team is shown. On the offensive team *Q* is quarter-back, *H*'s are half-backs, right and left, and *F* is fullback. On the defensive team 8 is quarter-back, 9 and 11 are half-backs, and 10 is fullback.

Defense Figure A

Consider for a moment actions of the first line of defense only. As the offensive team lines up, *C* has possession of the ball until the ball is snapped. 1, 2, 3, and 4 cannot charge forward across the imaginary line which passes through the end of the ball closest to them. As soon as *C* passes the ball back they use principles of individual line defense. In the first place, they watch the ball indirectly—*C* has it. They cannot charge forward until *C* moves the ball back. When *C* does move the ball back, it means the same as a starting pistol-shot to them. They start or charge straight

forward as hard as they can with arms stiff and hands against an opponent. They must continue to watch the ball after it has been passed back, because they do not know to which player *C* or *Q* is going to pass it. *C* may pass either to *Q*, *F*, or *H*. The first moves of 1, 2, 3, and 4, that is, the charge forward with the hands as the ball is passed, will be the same no matter where the ball is passed. The second moves will be different. The second move, after *C*, *G*, and *E* have been held off long enough for them to see where the ball has been passed or forced back, to one side or to the ground, will be the attempt to get to the ball wherever it may be carried. The second moves will be different with different plays. *C*, in the formation, may pass the ball to either *Q* or *H*, *F* or *H*. After the first moves, 1, 2, 3, and 4 must be watching to see which man gets the ball and in which direction he carries it. When they see who gets it and where it is carried they get to that point to tackle as rapidly as possible. The ends charge as one in the diagram, either straight at the play as a charging end or straight across the line, three to five yards, and then toward the play as a waiting end. If *RH* received the ball from *Q* and ran to his left on an end run, 1 would follow behind at half speed instead of trying to run straight at him to catch him. If he



DEFENSE FIG A

REGULAR DEFENSE

Second, third, and fourth lines of defense, regularly three, seven, and thirty yards back of first line respectively. Distance varies, however, in accordance with close or spread nature of the offensive formation, and with the downs and threats.

did not do so, the criss-cross or double-pass plays noted in the last chapter would gain ground easily. *C* charges his man. If the play is inside tackle, he fights straight to it. If the play is outside tackle, he charges and comes out behind his own line.

Lines of Defense

A team, like an army which is being attacked, does not place all its players on a line as close to the enemy as possible. There is a first line to receive the shock of the enemy's attack. Behind the first line are one or more reserve lines. If the attacking force breaks through the first line, the first reserve line, or second line of defense, is ready to stop them. If they pass this line, another or third line may wait. A last reserve line of defense is kept in case all others are broken down. This is the defensive idea in football.

As shown in Defense Fig. A, there are four lines of defense. You readily see that defense from the team's standpoint is a matter of placing all of the defensive men in the position where they can best defend against whatever kind of play the offensive may try. This has resulted in the regular stock defensive formation. Ordinarily seven players, the line-men and ends, are on the first line of defense up to the ball. 2, 4, and 6 represent three of these seven players. One player,

usually the fullback, stands three to eight yards back of the centre or the centre of balance of the offensive formation. He is on the second line of defense, and is spoken of as the second line of defense when there alone. The third line of defense is usually five to ten yards back of the ball. The half-backs stand on this imaginary line. Seven yards is usually the distance for third line. All players in the second and third lines are sometimes referred to as the secondary defense. The fourth line is usually made by the quarter-back. This is the reserve line, the last line of defense between the runner and the goal.

In football, when a player plunges through the first line, he is usually tackled by the fullback. If a runner gets around the end of the first line he is tackled by the fullback or the third line of defense—the half-back. If a runner dodges through the first line, past the fullback and half-backs, the quarter-back of the fourth line has to make the tackle.

In general, we may say that the first line and the second line stop most of the straight and slant plays, and rush the forward passer and punter. The second and third lines stop most of the forward passes. The fourth line is most concerned with catching and returning punts, and catching or knocking long forward passes to the ground.

The individual methods described earlier determine how effective defense will be.

FORWARD PASS DEFENSE

In case the offensive team was in such a position on the field, and had a down such as third down, and eight yards to go where a forward pass might be expected, the defensive team would place itself to meet it. The second line of defense might be made stronger by taking one man from the first line of defense back on a line with the regular second line defender, so that he will be in better position to run with the man going out to one side to receive a forward pass, or in better position to protect a zone. The half-back on the third line of defense drops a little further back in order to be in better relative position to an end who would try to run beyond him or avoid him to catch the pass. The fourth line of defense would be alert for a long throw.

1, the end, might not charge across the line of scrimmage so fast, but would wait to see whether or not a short pass out to the side would be attempted. The linemen are just as important in defending the forward pass as the second or third line of defense. The duty of the tackle is to charge straight on the first move, and then to charge a little to the outside of the man who has



(A) Left: defensive line position and box defense. Right: preliminary offensive shift position.



(B) The carrying charge of a defensive line to stop a plunge play over defensive right tackle. Note the difference in defense.

PLATE VII

Subart = shit!

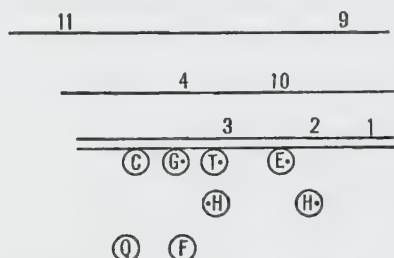
the ball, and who is attempting to forward-pass it. The tackle, 2, must be in position to prevent the passer, *F*, running with the ball to the side. The guard, 3, on the second move, charges straight at the passer and tries to prevent him from passing the ball or to tackle him in case he runs with it. The line gets back to the passer as soon as possible. This is called "rushing the passer." Many teams assign six men or more to rush the passer and make him throw the ball before he is ready or before he can pick the proper receiver. Rushing the passer and charging eligible men on the line are two valuable elements in the first defense against the forward pass.

Individual Pass Defense

Players such as 4, 9, 10, and 11, need individual forward pass ability. They defend passes by the *man* system, or *zone-ball-man* system.

In the man-for-man system the defender plays basket-ball with a man assigned him. In Defense Fig. *B*, 9 takes *E*, 10 takes *Q*, and 4 takes *H*. These defenders must be able to run as fast as their man and jump as high in the air after a ball. They must jump without interfering except when the ball is touched. The line-men rush at the passer and hurry him. Don't overlook this as a part of pass defense.

Q has left position behind centre and taken position as shown. Third down and eight yards to go, and forward pass expected. 10 moves to the left. 4 leaves first line and drops back to second line to help protect against a pass.



DEFENSE FIG B INCIDENTALLY THE FORMATION OF THE OFFENSIVE BACKS IS SOMETIMES KNOWN AS THE BROADWAY TANDEM

In Defense Fig. *B*, if 10 were playing zone defense and *E* came running down through his zone, he would follow *E*. If *E* ran beyond 10, another player, 9, would be expected to prevent him from catching the forward pass, because *E* is running into his zone.

Another way of defending the forward pass is what is called the “*ball*” method. If 10 just stood still and let *E*, or any other player, run by him, but stood on his tiptoes and watched like a hawk for the ball, and then ran to it as soon as it was passed, no matter in what direction it was

passed, he would be using the ball defense. Most teams combine man-and-ball or zone-and-ball defenses. These defenses are very important, and the new player should certainly practise both following the man without interfering with him or fouling him and standing still and getting to a thrown ball as soon as possible.

Man-for-man defense in football is very much the same as the guarding of a man in basket-ball, the guarding player in football tries to get the ball before the player receives it and tries to tackle him in case he does receive it. In both cases, the defensive man is not allowed to come into real personal contact with, or to run up against, the player he is trying to defend, unless he touches the ball or makes an honest attempt to touch it. His effort is confined to getting up in the air to catch the ball or knocking it out of the hands of the other player. This forward pass defense without fouling takes a great deal of practice. Anybody can prevent a player from getting a forward pass if he fouls him, but it takes a real player to prevent him from getting the ball legally without fouling.

Defense against trick plays, splits, and the whirl plunges outlined previously is simply a matter of close watching of the ball and close attention to what is going on. The new player must learn to see where the ball is finally going before he runs

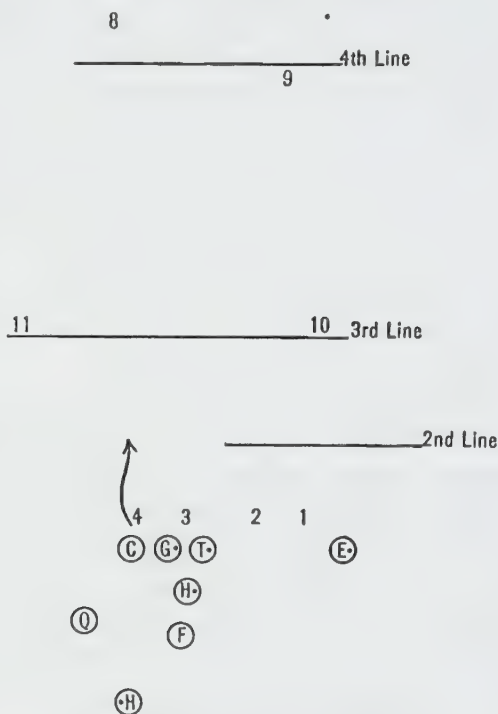
When the offensive team spreads out so that there is little chance that they will play any other play than a spread forward pass, the centre and both ends may drop from the first line of defense back to the second line of defense. The guards and tackles who are left on the first line of defense rush at the passer, and make him pass the ball or tackle him if he tries to run. The quarterback in the fourth line of defense may come up to the third line of defense on a line with the half-back. This kind of defense gives seven men to defend against the receiver and four men to rush the passer.

Another formation would be that which left five men on the first line of scrimmage and had three men on the second, two on the third, and one on the fourth. Centres and ends are more usually drawn back to the secondary line for forward pass defense, for they are the most active. The guard or tackle who has any special ability in preventing forward passes may be dropped back just as well under the rules.

PUNT DEFENSE

If the defensive team knew that the offensive team was going to kick the ball down the field as far as possible, it would prepare to receive the kick. When the offensive team has a fourth

down, and more than a yard to go, the best policy is to kick the ball. Knowing this, the defense is usually in formation to receive the kick.



DEFENSE FIG D PUNT DEFENSE

The second and third line of defense drop further back. One of the half-backs usually goes back with the quarter-back, thirty or forty yards behind the line of scrimmage, in order to help him

catch the kicked ball. The fullback usually takes the place of 9, the other half-back, to be in position to block the ends as they come down the field. The tackles, the guards, and usually one end rush at the kicker as hard as they can in order to block the kick. The other end usually charges the opposing end or drops back to block him after he has travelled five or ten yards. In general, the defensive players are grouped close to stop straight plays and slants; they are more spread out to stop the forward pass, and they are most deeply spread in case of a punt.

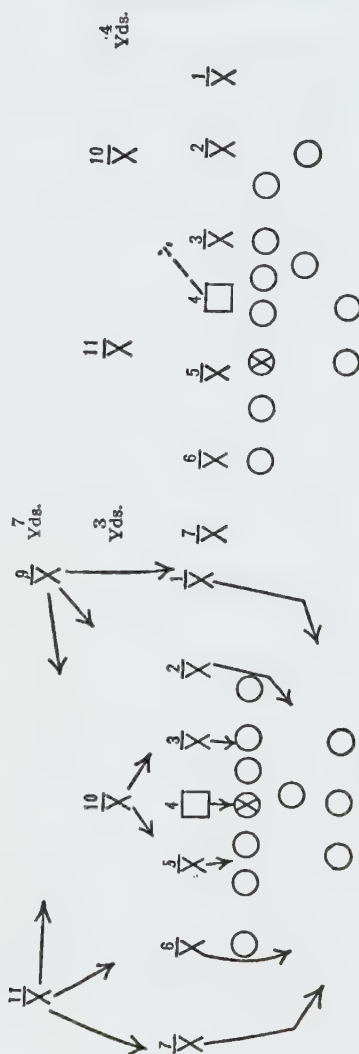
For ordinary formations the first line of defense is composed of the ends, tackles, guards, and centre; second line, fullback; third line, half-backs, seven yards back; fourth line, quarter-back, thirty yards back.

The possibilities of the rapid changing of defensive formations is very great, and there is nearly as much generalship in the use of the proper defensive formation, at the proper time, as there is in the use of the proper play, at the proper time, when we have the ball. People commonly think of generalship as applying to the team that has the ball, but they seldom pay much attention to the very important generalship of the defensive team.

20
Yds.
9 X

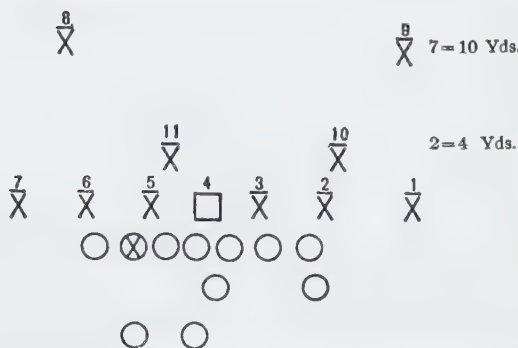
8 X

30
Yds

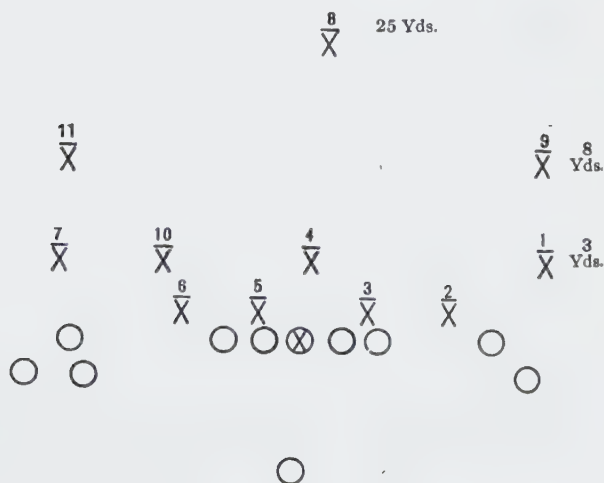


A SET OF COMPLETE TEAM DEFENSIVE FORMATIONS (PAGES 168-170)

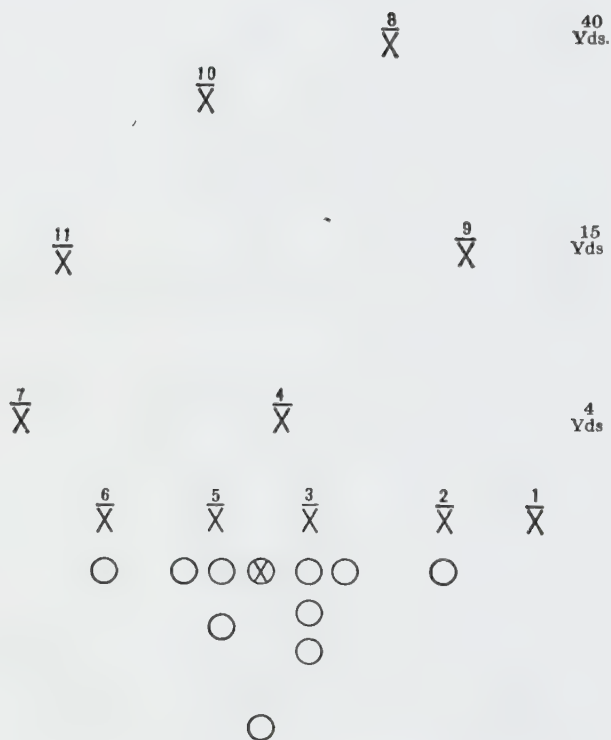
- I. Regular all-purpose "enveloping" defense.
- II Square all-purpose defense Used particularly when the ball has the ball beyond the 50-yard line



III Box defense Used by defensive team X inside their own 20-yard line



IV. Radical spread forward pass defense.



V Fourth down punt defense X-1 may be dropped back in line with X-4 and X-7
 Defensive ends help, block offensive ends

CHAPTER X

WINNERS

The following plays are tried and true—not merely theory. Their proper execution has brought excellent results to the teams which have used them. No attempt is made in this chapter to outline a complete series of plays, but those diagrammed have been successful. Some of them have been successful because of advanced offensive theory back of them. Neither these plays nor any others will be successful without individual ability and execution of duty. These plays are, for the most part, unusual. Ordinary end runs, plunges, and punts will make up the great part of the ordinary team's offensive. Plays of the more spectacular nature, some of which are not so safe as the ordinary running plays, are desirable in any offensive. They have been used primarily when a team is in the offensive zone inside of the opponent's forty-yard line, and some of them when a team needs an unusual play with which to come from behind.

In case only one play is used from a formation, its value is not the greatest. A series of

plays starting in the same way and ending differently or a series of plays which hit the different holes in the defense is most effective. Most of these plays will have been preceded by others from the same formation—usually the ordinary running plays—and these make the vital play successful.

The shifted-eligibility principle in several of these plays has tremendous possibilities. The principle has been used in various forms at Ohio State since 1913, and has been the basis of much well-executed successful offense.

KEY TO DIAGRAMS

Offensive Players ○

⊖E Left End

⊖T Left Tackle

⊖G Left Guard

⊖C Center

⊖R Right Guard

⊖T Right Tackle

⊖E Right End

⊖Q Quarterback

⊖H Left Halfback

⊖F Fullback

⊖H Right Halfback

Defensive Players X

¹
X

²
X

³
X

⁴
X

⁵
X

⁶
X

⁷
X

⁸
X

⁹
X

¹⁰
X

¹¹
X

————→ Course of Player

~~~~~→ Course of Ball

- - - - -> Course of Kicked Ball

○ Position of player after a shift from original position

○—○ Player making cross block

○→ Player making hard shoulder block



## DIAGRAM I

This is one of the forward pass formations with a sudden shift of eligibility used by Ohio State in 1913. It was among the first, if not the first, play of its kind in which the above principle was used.

This play worked well for short gains, and the children of the eligibility-shift idea have helped materially to win championships.

The play starts with both guards to the left of centre and the backs in tandem, left formation. At a given signal players run to positions diagrammed. On another signal L T and L G shift up to the line of scrimmage and L H and R E shift back a yard to make themselves eligible to receive a pass. If the defense is fooled into protecting against the group to the outside, the shift is very effective.

The ball is passed back to Q, who fakes a pass to his left, whirls, runs, and passes as diagrammed.

If the defense does not shift out to meet the threat of the outside group, Q, after the final shift, may take a step or two forward and make a lateral forward or backward pass out to L H for a dodging run with 3 blockers.

The play holds the threat of lateral pass with interference for the runner, or a forward pass to any one of five men who become suddenly eligible at wide-spread distances on the field. In case too many men are drawn from the centre of the defensive lines, a plunge may be made after a second shift. An end run is possible, but the shift forward pass is the play for which the formation is primarily designed.

It is best used between the forty-yard line and the goal-line at the time the offensive team starts to "open up" and change from the regular running and driving game to the more daring, spectacular, and risky passing game.

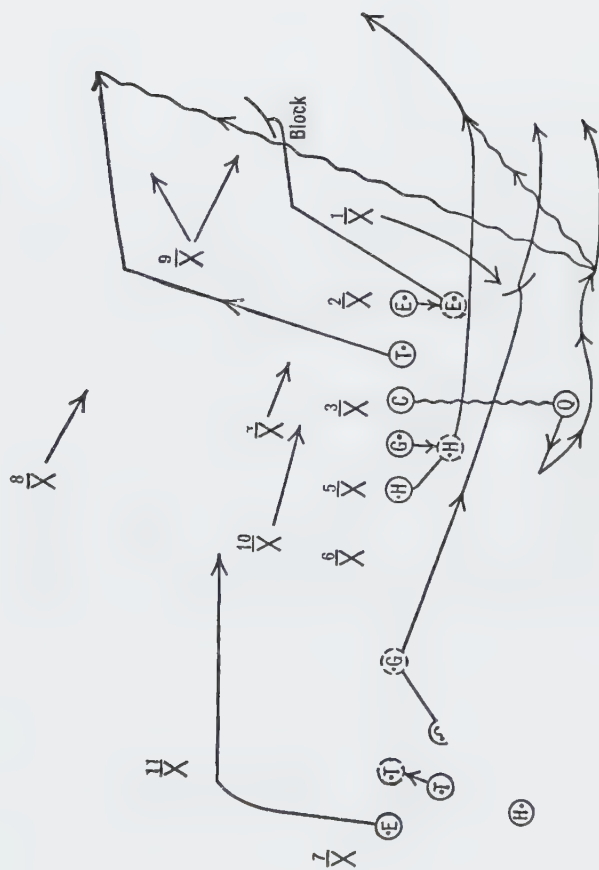


DIAGRAM I

Ohio State spread shifted eligibility pass, 1913.

## DIAGRAM II

This is the Ohio State "fan forward pass" used since 1913.

Many coaches and critics feel that a forward pass which gains only three yards is not indicated. This is a play in which the three or four yard gain with even a loss occasionally makes the successful inclusion of one of the longer passes possible.

In this play R H and L E act as interferers after the ball is caught. R G and L H act as safety men and run to left to protect and tackle in case X-7 or X-11 intercept the pass.

This forward pass is comparatively safe except where there is an exceptionally tall defensive end.

A running and driving game may be made effective from this formation with a slight modification.

L H does well to fake to his right and run three steps to his left before passing. The absolute standing pass is most accurate. It enables the passer to best pick a free man.

Captain "Hap" Courtney, who gave his all in his country's naval service in 1918, received a deep "Harley" pass to left tackle while leading his team in the great Camp Sherman game of 1917. Captains Iolas Huffmann '20, Swink Boughton '15, also Harold Courtney '17, Dean Trott '21, guard, and Capt Myers '21, end, all received outstanding passes from this formation.

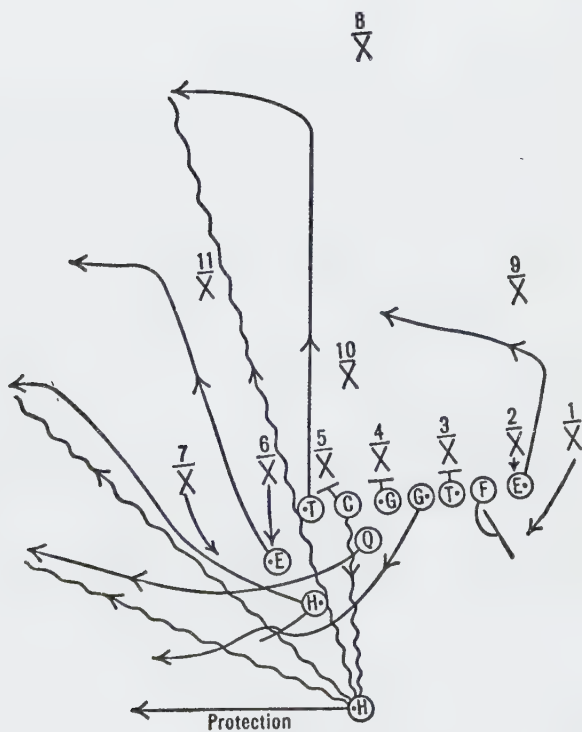


DIAGRAM II  
Ohio State "fan" forward pass

## DIAGRAM III

This is the modified fan forward pass in which Harley, in a beautiful effort, ran for a touch-down, defeating Illinois 7 to 6 in 1916

The forward passing threat in the formation caused the Illinois end to drop back and the defense to follow the eligible men running out to the side

Ohio State had put the ball in play on her own twenty-yard line. A long forward pass, Harley to MacDonald, carried the ball to the middle of the field. A series of short forward passes in which our martyred aviator Fred Norton figured prominently, carried the ball to about the Illinois thirteen-yard line. Three plays and three yards remained to be gained for first down. Allow me to quote in substance a previously published article on "A Greatest Play"

"There was about a minute and a half to play. The score was Illinois 6, Ohio State, 0. The situation was fourth down, three yards to go on Illinois thirteen-yard line out of kicking range to the right of the goal-posts. The team took fan-passing formation, unbalanced line, guards to the right—forward pass to left with the option of a run was called. The opponent's right end charged a few steps at the passer and then backed away. The secondary defense watched very closely and ran back with the men going out for the forward pass. Seeing the end back away, the passer judged quickly and faked to pass, started and ran to the left like a flash. The two men going out on the left to receive the pass, seeing him start, blocked the defensive end and half-back, respectively. The runner outran the full, straight-armed the defensive right end, who had been partially blocked, straight-armed the safety man, and dived across the line in the extreme left-hand corner of the field. The player kicked out under old rule to a spot on the twenty-four-yard line, well to the left of the goal-posts. He then proceeded to change his right mud shoe for one of his regular shoes with a kicking toe. With all the Ohio State side-line and bleachers giving him 'moral support' he kicked the difficult goal, which won the game, 7 to 6."

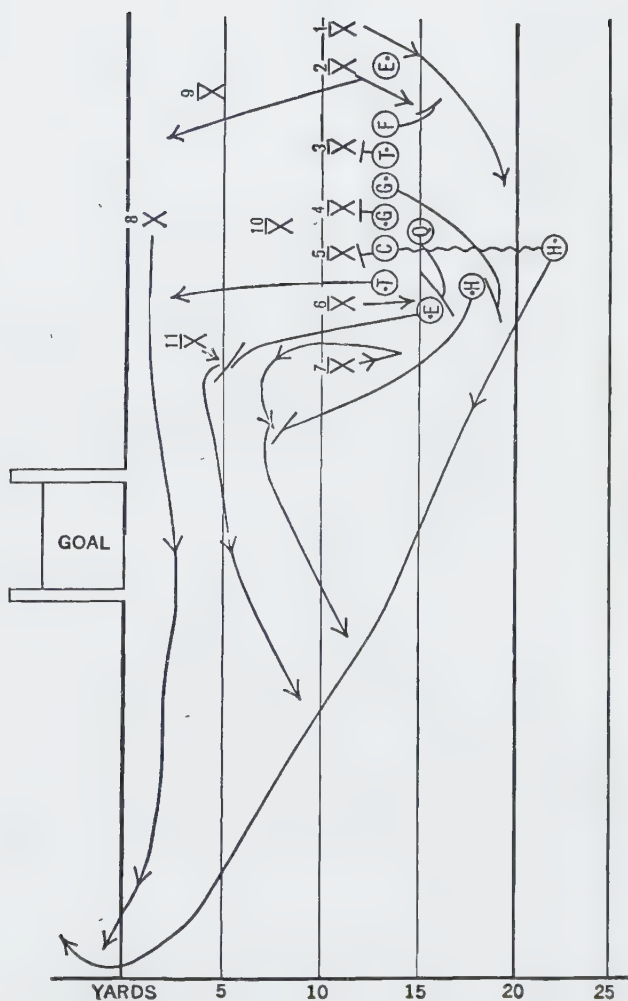


DIAGRAM III

Fake forward pass and run for touch-down. Harley, Ohio State. (After kick-out, winning goal was kicked.)

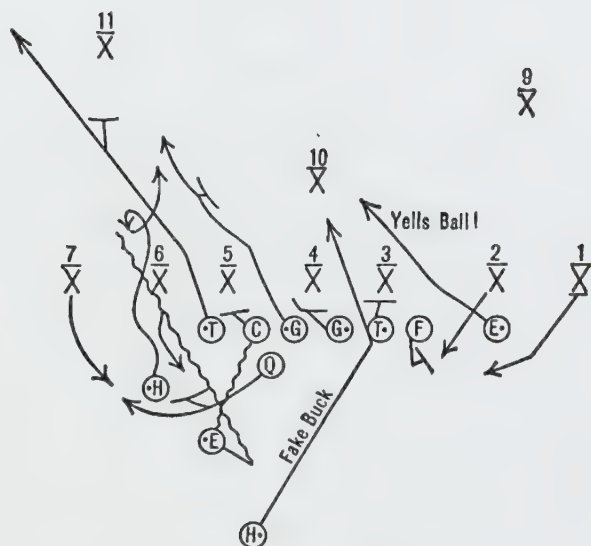


DIAGRAM IV

## SHORT QUICK FORWARD PASS WITH INTERFERENCE FOR RECEIVER

The same formation was used in the seasons 1913, 1914, 1915, and 1916 as the basis for short forward pass execution.

Rapidly executed passes of this nature are mentioned as bringing the ball within striking distance of the goal for the previous play.

The passer in this instance is L. E., five yards back of centre, instead of R. H., who is ten yards back. Passer jumps in the air as he passes the ball over the heads of the line-men to L. H. L. G. comes through as "screener" and interferer after ball is caught.

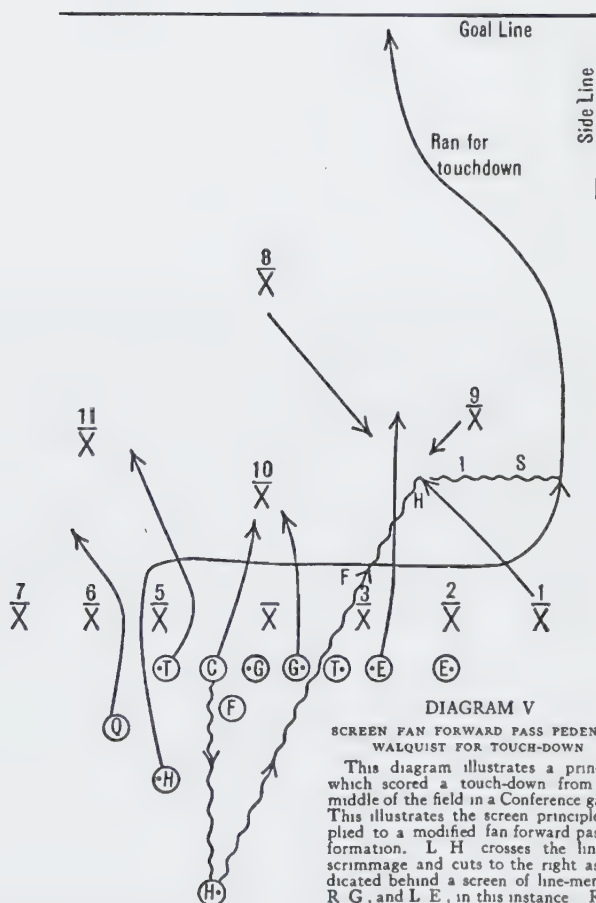


DIAGRAM V

SCREEN FAN FORWARD PASS PEDEN TO  
WALQUIST FOR TOUCH-DOWN

This diagram illustrates a principle which scored a touch-down from the middle of the field in a Conference game. This illustrates the screen principle applied to a modified fan forward passing formation. L H crosses the line of scrimmage and cuts to the right as indicated behind a screen of line-men, C, R G, and L E, in this instance R H forward-passes to L H as diagrammed

The course of X-1, the defensive left end, indicates the possible course of an end in assisting in the defense of such a play

In this instance X-1 slipped in the mud and fell flat. L H missed his catch. The ball bounded forward from his hands, struck the forehead of X-1 as he was on the ground, and bounded at a right angle several yards further to the right. L H had continued running. He scooped up the ball as it was about to hit the ground and ran for a touch-down.



## DIAGRAM VI

This play scored a touch-down against a Conference team in the season of 1915. The original position was taken with the left half and right end five yards outside of the guard, X-3. At a given signal, the F and Q shifted up on the line and the L H and R E shifted back one yard. The play started as outlined with the F pausing on the line of scrimmage, blocking X-3 until L H had run as diagrammed. L E in this instance was the best passer and so was drawn back to make the forward pass. The principle of line-men leaving their position in the line to guard the forward passer is demonstrated. The pass was made to the L H some twenty yards down the field over the head of F. The safety man followed the R E. The pass was received by the L H, Fred Norton, who ran without interference fifteen yards for a touch-down. This pass was effective partly because of the successful end running and plunging game which had been used from the same formation without the second shift throughout the game to this point. The short forward pass to the F may be used in case the line-men rush in to block the pass.

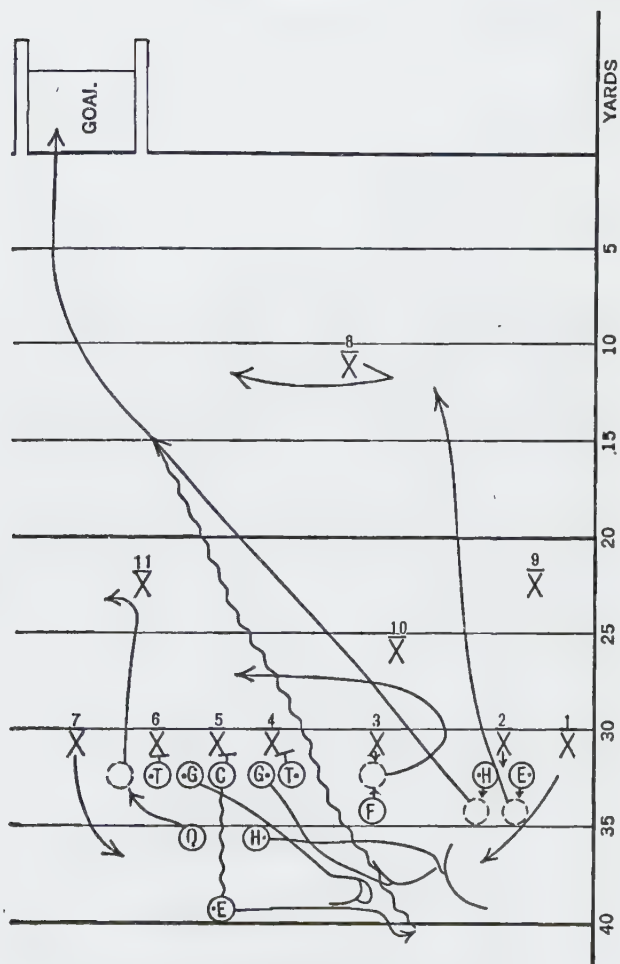


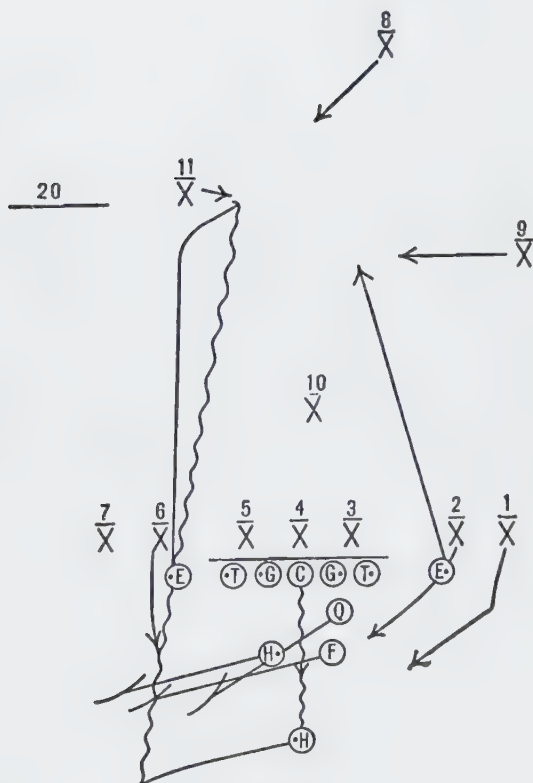
DIAGRAM VI

Ohio State shifted eligibility forward pass

## DIAGRAM VII

A short forward pass is very effective as a stock forward passing play. It is most effective when it is combined with a long pass in the same direction or in the territory of the same defensive player. Where there are but a few minutes of a game left to play with, the need of one team coming from behind, the longer pass is indicated. A delay in passing is necessary. This play illustrates the principle of sending three back-field men close together to one side to act as a protecting screen for the forward passer. Such blocking of the defensive line-men will enable a good end to run thirty or more yards down-field before receiving the pass. Such a safe delay is obtained by placing the passer fifteen yards back of centre, single, double, or triple backward passes back of the line of scrimmage or by the providing of a screen for the passer, as in this case. This is a forward pass primarily of execution, in which the end, half-back, and safety man fight it out to either catch or knock down the long forward pass. In one famous case, seventeen somewhat similar passes were successfully defended by the half-back and safety man. In another game three such forward passes were successfully received in the last two minutes of play.

**Goal Line**



## DIAGRAM VIII

## LONG-SPREAD FAN PASS

This diagram illustrates the two winning plays in the Wisconsin-Ohio State game of 1920. The play was used twice, and each time resulted in a touch-down in this never-to-be-forgotten game. The last touch-down was made when there was but a few seconds left to play, with a score 7 to 6, Wisconsin's favor, and brought a 13 to 7 victory. The game was later described in terms of Yale and Harvard by Walter Camp, who was an eye-witness. The play is from a variation of the fan forward passing formation. The individual ordinarily behind the C takes a position fifteen to twenty yards to one side and a yard back of the line of scrimmage. The play is the same as the fan forward pass with the exception that the ball is thrown to the outside man as far down as he can run. The passer, Q, in this instance started to the left, whirled and ran back to the right, giving the receiver time to run as diagrammed. The little variations in the course of the runner, the runner's speed, and the remarkable pass, as well as distribution of "decoys" and blocking for the passer, put the plays over. Two famous players executed these now famous "Workman to Stinchcomb" passes.

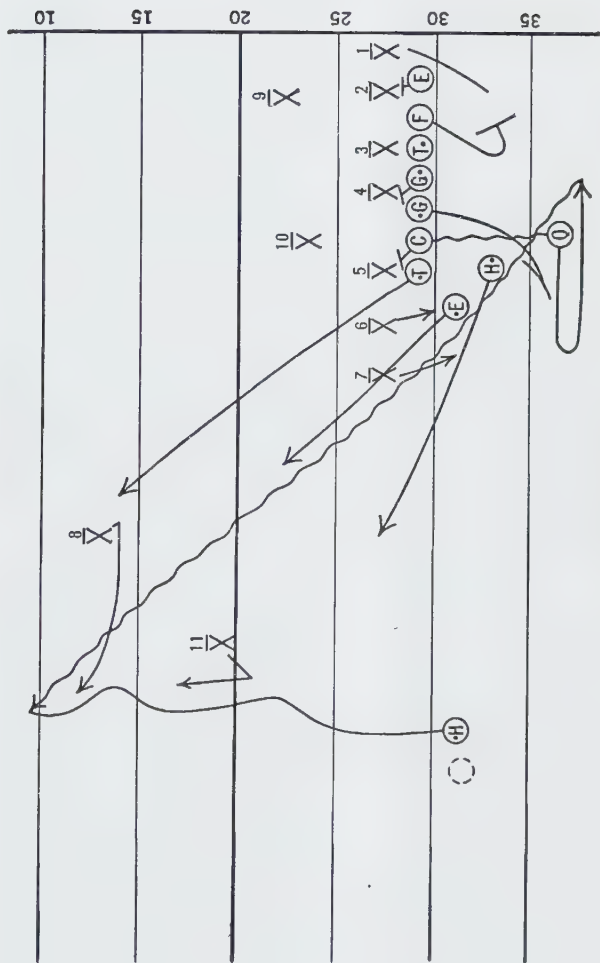
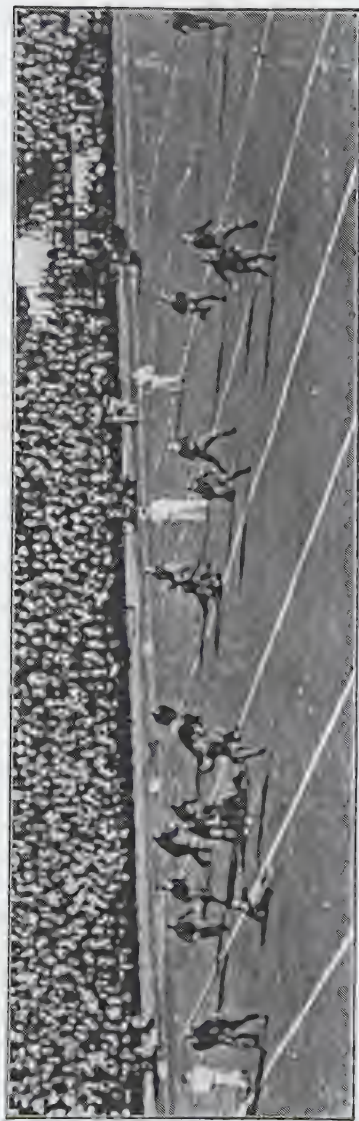


DIAGRAM VIII

Ohio State long-spread fan pass—Workman to Stinchcomb.

## DIAGRAM IX

"Reading the signs" and adapting offensive play to the defense of your opponent and the value of preliminary game-scouting is beautifully illustrated by this diagram. The offensive team has the ball close to its own goal-line. At this point no team would expect them to forward-pass. Expecting a punt, players X-10 and X-11 of the second line of defense have thrown caution to the winds and have come up to the first line of defense to help block the expected punt. The ends go down the field as on a punt. The ball, however, is not punted by L. H. Instead, the ball is forward-passed in this instance by L. H., fifteen yards down-field, to the R. E. In a play somewhat similar to the one diagrammed, Higgins, of Penn State, received a pass and ran the full length of the field for a touch-down in 1920. This is an example of original sign-reading generalship of common sense. It is a real example of rising above so-called regular generalship rules.



(A) A flat forward pass. Receiver about to catch ball. This type of pass depends on the run rather than on the pass itself.



(B) A winning play. A fake criss-cross whirl play. It scored from the 12-yard line, Chicago-Ohio State, 1921.

PLATE VIII





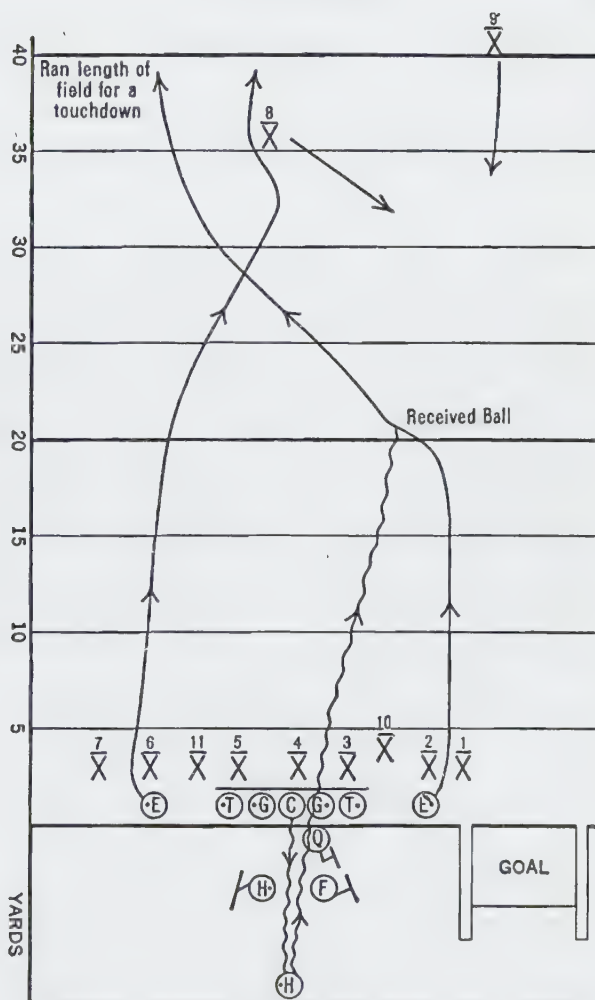


DIAGRAM IX

Punt formation forward pass from behind the goal-line.

## DIAGRAM X

This is a remarkable example of a play of the long forward passing type from close-running or plunging formation. It involves a double backward pass after the ball has been received by either the L H or F from C. In this case L H receives the ball from C, passes it back to the F, who in turn passes it back to the R E. Both L and F block after passing the ball back. The end who makes the pass is approximately seventeen yards back of the line of scrimmage. The L E runs straight down the field to receive the ball. In the case of the Muller pass, the ball carried approximately fifty-seven yards through the air. The speed of the pass was such that the safety man was unable to successfully defend against it. Needless to say, the L E was a very fast runner. The triple backward pass gave the delay necessary for him to get as far down the field as he was. An exceptional passer is, of course, necessary for such a play. The play somewhat similar to the diagram scored a touchdown for California in the California-Ohio State game of 1920.

A play of this nature may well be used by a team which has a line-man who can forward-pass a long distance with accuracy. There are sometimes men with this ability whose other qualifications do not indicate using them back of the line of scrimmage continuously for other purposes.

# WINNERS

191

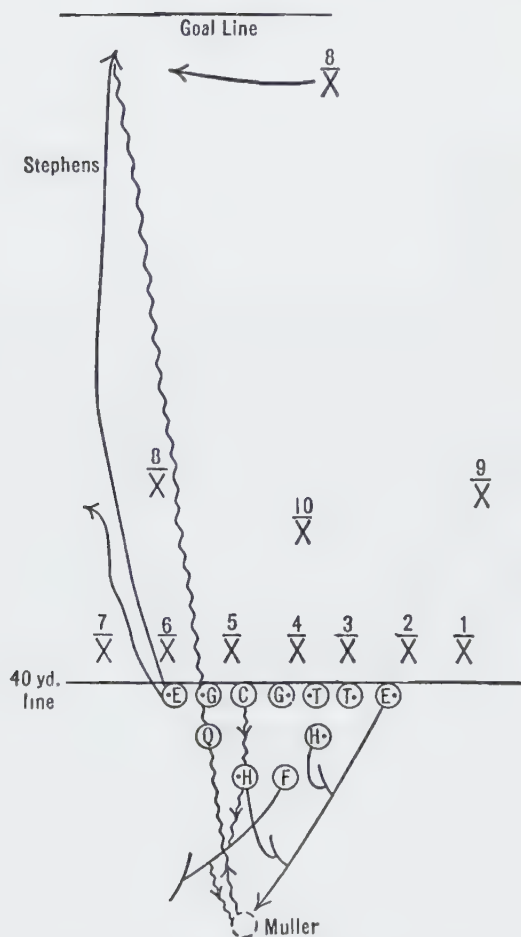


DIAGRAM X

Principle of the "Brick" Muller, California, forward pass

## DIAGRAM XI

This is a crisscross forward pass which has been used with great success by many teams. The play starts to the left and the ball is passed to the half-back, who runs back to the right and passes the ball to the other half-back, who, in the meantime, has run straight to the side, cutting either inside or outside of the end. If an end waits on the line, the passer may very readily run instead of passing. This principle was used a great many times in the Ohio State-Minnesota game of 1921.

The half who receives the ball first may fake to pass to the Q running to the right. Instead of passing to him, he may whirl into the line. This was the principle which helped defeat Chicago in 1921, after Chicago had defeated Princeton. The short forward pass which follows a seeming buck into the line has produced many gains. Any such forward pass is comparatively safe. The chance of interception, except by a tall end who waits on the line instead of charging through, is slight.

The principle of forward passing from the regular running and plunging or kicking formation instead of from special formations is considered *most sound*.

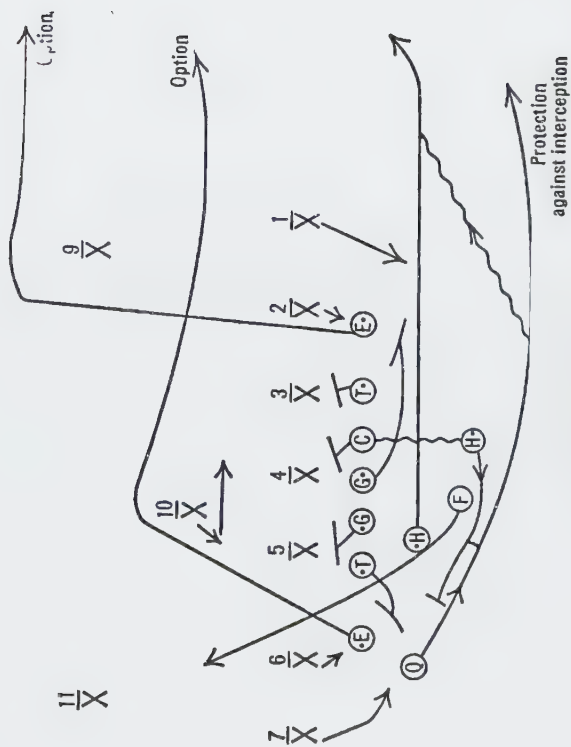


DIAGRAM XI

Criss-cross "flat" forward pass

## DIAGRAM XII

This is a "rotary" forward pass which is used for scoring purposes. Its principle was used for three touch-downs in one season by Ohio State. It may also be used as a side-line play. In the diagram the right half receives the ball, and starts to the left as on an end run. He whirls and passes the ball back to the other side of the formation as indicated. The trend of the play to the left tends to pull the defense in that direction.

R. T. comes back of his own line, blocks, and then serves as safety man against any interception of the pass by running to the right. Provision for such protection should be made on every forward passing play if possible.

If X-1 is dropped 3 yards back of his line as he frequently is when the ball is within 5 yards of the side-line the pass to L. E. is of course not indicated.

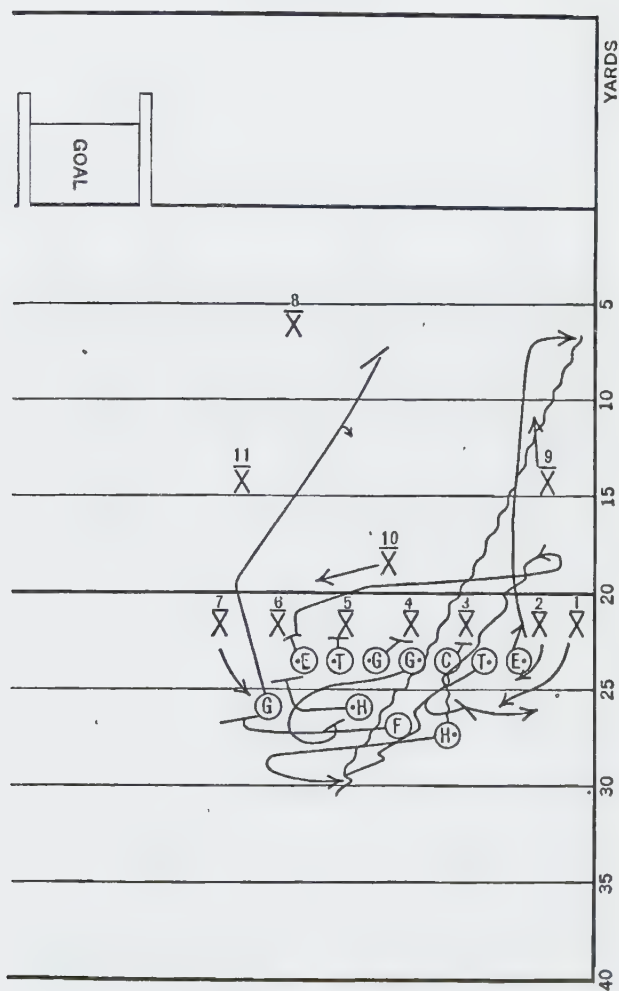


DIAGRAM XII  
ROTARY SIDE-LINE PASS



## DIAGRAM XIII

This diagram illustrates the play which won the Western Conference Championship from Illinois in 1920. While the ball was in the air, time was called. The winning touch-down was made after the whistle had blown, but as the rules allow a play in progress at the moment time is called at the end of the game to continue until the ball is dead, the score was a perfectly legitimate one. The big element in the success of this play was its relation to Diagram VIII, the play which defeated Wisconsin. It illustrates the element of threat in a formation. When the L. H. Stinchcomb, the man who had successfully received the two long passes in the previous game, took up his position to the left as indicated, the defenders X-11 and X-8 naturally expected that the ball would be passed to him, and moved out to prevent such a thing happening. With this threat the passer, Q. Workman, started to the left, threatening a pass, as expected, but instead whirled and passed to the left end, Myers, who ran for a touch-down, and a championship. The formation and play is a modification of the forward pass from punt formation, which had been used several times earlier in the game.

This is an example of a team rising to real football heights of intelligence, adaptation, and execution in legitimately obtaining their object.

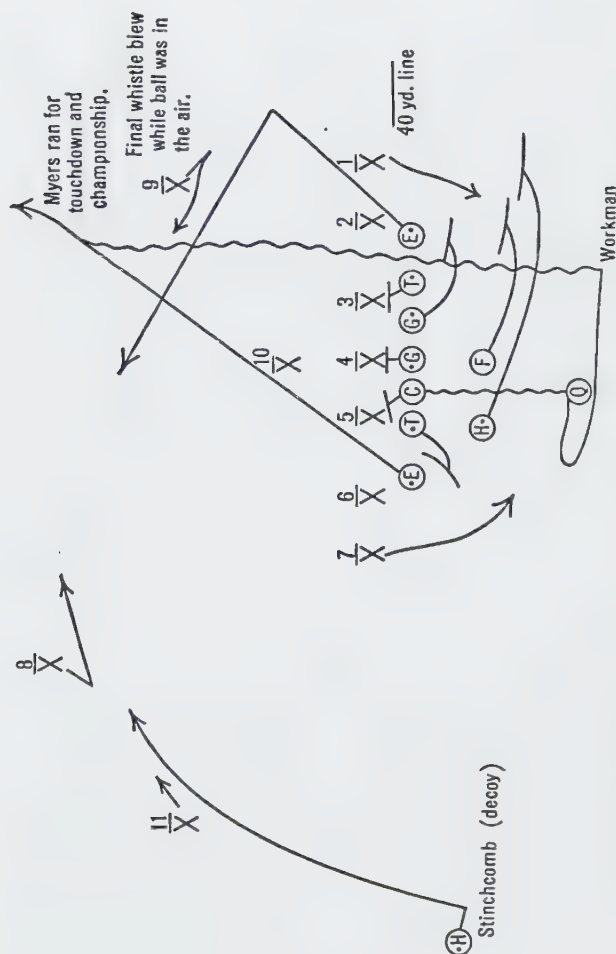


DIAGRAM XIII  
A championship winner, Ohio State Punt formation forward pass, Workman to Myers, modified by decoy

## SIGNALS

The quarter-back talks to his team and tells them what to do by means of signals. The numbers you hear called before a play starts might mean something like this, if you could interpret them: "Centre, pass back to half-back. Half-back, you will run to one side and then forward-pass the ball to the left end. Left end, you will run straight down the field twelve yards and then turn to the left to receive the ball. The others of the team will block the line-men and protect the passer as we have practised in signal drill and scrimmage."

Again the quarter-back might say: "Full-back, drop back of centre ten yards. Kick the ball as far and as high as you can. Kick close to the left side-line."

Plays differ in the direction the ball goes or in the way the back-field or the line-men block. Under these circumstances many teams have a number to represent one play from its start to finish. Instead of the quarter-back saying all that he would have to say to tell each man what to do on a certain play, he calls a number, for example, "25." 25 means a play to each of the players. It also means something different to each man. Every man has a definite

assignment of work on each play. 25 may mean an end-run to the right to the whole team. In addition it may mean to the right end that he is to cross-body block the left tackle to the left. It may mean to the fullback that he is to shoulder block the opposing left end as he comes running in to stop the play. It may mean to the man who receives the ball from centre on a direct pass that he will turn and run straight toward the right side line and then will run suddenly to his left at the moment the full-back blocks the end. It means something different to every man on the team. All of the jobs or assignments are definitely laid out beforehand and practised night after night in detail.

Of course, we all understand that we need signals to prevent the other team from knowing what we are going to do before we do it. If the defensive team could tell each time what the team with the ball was going to do the game would not be nearly so interesting. We are told that signals developed by certain expressions. "Play up, Jim," at one time may have meant to one team an end-run to the right. We see some teams nowadays gather in a little group a few yards back of the ball, so that the opposing side may not hear what they are saying. In a group of this kind the quarter-back does not tell every

player exactly what to do as we used to do on the corner lot, but saves time by saying "25."

However, if he simply stood up and said "25" each time he wanted his team to use a certain play, the opponents would soon "catch on." In present-day signals you hear the quarter-back yell out several numbers. Some of these numbers are simply called as blinds so that the defensive team cannot tell which is the real signal.

The simplest signal system is as follows: If we wanted to call "25," we might say, for example, "23-15-25-4." Our team would understand that the third number called is the one which will tell the play, and they pay no attention to the other numbers. We could call the play number as the first number, second number, or fourth number, as long as our team understands which number it is going to be. With a simple signal system of this kind, some teams change from game to game. One Saturday the play number "25" may be the second number, and the next it may be the fourth number.

Another commonly used signal system is one in which the signal number is called immediately after a certain key number. If the key number was any number ending in seven, such as 17, 27 or 37, the first number called after this number would

be the play number. If we wanted to call 25, we could say "32-14-37-25-16," or "17-25-14-12." Each would mean the same thing. In each case we would use play "25," but the numbers would sound so different that the opponents could not quickly understand.

Signals are sometimes called by what we call the digit system. It would be understood that the last digit of the first number and the first digit of the second number would be put together to make the play number. If we wanted to call "25," we might say 22-51-13-74. We would simply pay attention to the last digit of 22 and the first digit of 51. If the play number was to be 42, we would say 34-24-62-53.

Some teams use another system, which seems difficult at first, but which is really not hard to learn. This is the system of addition. The signal is conveyed by adding two of the numbers called. We practise calling the signal "25" by adding the first number and the second number the quarter-back calls. Call the signal 24-1-14-6 or 21-4-15-3. Each would mean 25, since 24 plus 1 or 21 plus 4 equals 25. One-digit numbers are very effective in calling signals.

We may give each player and each place the ball might go, a number. I believe, however, any of the above ways of calling signals is better than

this system, because of their greater exactness and easy association. This last system seems less simple for complex forward passing or other passing plays.

Many teams call a definite number for each formation they use as well as for each play. This system is good, but it takes more time than the single-number plan.

Signals should be as simple as is consistent with proper secrecy. It is not good sportsmanship to try to learn the opponent's signals. Some teams give their plays away by pointing with their feet or looking in the direction in which they are going to start. Defensive players may seem to be playing signals when they are just reading the hints which the team with the ball gives them with eyes, feet, and false starts.

Every team should know their signals perfectly. Unless they do know them perfectly it is probably better to gather in a group before each play and decide exactly what the play is to be. Our boyhood gang used to do this.

Signals should be clearly and crisply called in a tone of command.

### *Starting Signal*

You have noticed some teams seem to start more quickly than others when they have the

ball. They "get the jump" and gain ground steadily.

This seems the case with shift plays when a team does not come to a full stop after they shift. This is sometimes illegal. "Getting the jump" legally usually results from a starting signal.

After the quarter-back has called the signal which tells what the play is to be, you will notice he usually pauses for a moment and then starts calling other numbers. The starting signal may be contained in the second series of numbers. The team with the ball knows what the play is to be. They get set and ready to start as a sprinter starts when he hears the shot of the pistol. The starting signal is the same to them as a pistol-shot. The starting signal makes it unnecessary for the offensive side to watch the ball in order to get a start. There are several good starting signals. We may agree that the ball will be passed back, and the whole team will start forward on the third number called after the pause. We may start on the first number after number six is called. We may start when the number six is called. These are the most commonly used starting signals.



*Unfair Starting Signals*

Starting signals are sometimes used to take advantage of the other team. No sportsman will use an unfair starting signal. An example of such a signal will be found when a team agrees that the ball will be passed back on the fourth number in the second series of numbers. The numbers will be called rapidly, and the line-men will charge forward on the third number instead of the fourth. The defensive side will not be able to start until the ball is passed, and so the charging line-men on the offensive team get the jump, and the play goes.

This is an absolutely illegal practice. But we are sorry to say that an occasional player or coach is not gentleman and sportsman enough to win by fair means. The officials can detect this system, but all too frequently the difference in jump is so slight that the advantage is there without seeming to the officials to be there.

The starting signal which starts us only when we hear a certain definite number is the fairest. In starting signals where a team starts on the fifth number, there is usually some player who thinks to himself: "Well, I'm a little tired, and I'll just start a little before that fifth number, and it will appear that I am getting a faster charge

than my fellows." The definite-number system protects a team against itself.

The great value in any game comes in giving the other fellow an equal chance, and then beating him by better brains, speed, skill, or strength.

#### GENERALSHIP

Good generalship brings great advantage.

Generalship in the game means doing the proper thing, or playing the proper play at the proper time, in the most effective way.

In order to play this way the quarter-back must "look the defensive team over" at the first line-up. He will do this to note the defensive formation they take. If he knows about their defense through scouts who have seen other games, he checks up the defensive information, and may use a play previously agreed upon as being best. If the defense shows any weakness in position, he tries to take advantage of it. Usually the quarter calls his strongest play first to "get the jump," to feel the other team out, and to establish self-confidence in his own team.

A quarter-back watches the opponent's defense from play to play. He uses plays he thinks best against the defense used.

The coach has talked with his field-general before the game, telling him his ideas as to the best

place and time to use the plays. The quarter-back usually follows this advice, and adapts it to conditions and the defense as found on the field.

While generalship in the game will mean ability to out-think, out-execute, or overpower the other team, there are certain fundamental conservative generalship rules that every quarter-back learns.

1. Never run the ball on fourth down, certainly never in your own territory. If you don't make it, you lose the distance you might have kicked. If the ball is kicked on fourth down, no matter what the distance to go, it is the safest policy with even an average punter.

2. Kick on first, second, or third down in your own territory, except when you are against the wind.

3. When in doubt as to your next move, kick.

4. Always keep your team in position to score by kicking a field-goal when you get within kicking distance of the opponent's goal. In an even game work for a field-goal first.

5. Try to "pull the unexpected," but play carefully and accurately.

6. Gain distance in any part of the field in the easiest and safest manner.

Don't use a long gaining play, such as an end-run, which may be tackled for a loss, when a short gain is all that is necessary for first down; for ex-

ample, on third down with one yard to go. Make your first downs sure.

On the other hand, don't try a straight plunge when you have such a situation as second down and twelve yards to go.

#### LATERAL ZONE GENERALSHIP

So-called zone generalship is widely used. It is comparatively formal and does not consider the opponent's defense as its primary basis.

The field may be divided into 20-yard zones from goal to goal. Zones are named: 1. Danger, 0-20-yard line. 2. Defensive, 20-40. 3. Middle, Zone of Offensive Change or Offensive-Defensive Zone, 40-40. 4. True Offensive, 40-20. 5. True Scoring, 20-0.

Different offensive plans are used in each zone, differing primarily in kicking and forward passing attack. Theoretically no forward passes are attempted in the Danger or Defensive Zones and only long ones in the Zone of Offensive Change. Punts are made on first or second down in Danger Zone; first, second, or third in Defensive, and on fourth in the Zone of Offensive Change. Running plays and long forward pass if necessary in Middle Zone. Best-gaining, running, plunging, or passing plays are used in the True Offensive Zone with a high punt to the 10-yard line or a

kick out of bounds or a scoring kick on the fourth down. This is the zone of the flat and short forward pass, which is coming to be practically as sure of gain as the end run.

In the scoring zone several plans may be used:

1. Run the ball in front of the goal-posts for a field goal.
2. Use deception plays, running, plunging, or passing in rapid or studied succession.
3. Use most powerful plays in rapid succession.
4. Use series plays without signal.
5. Use reserved companion "ace" plays.
6. Use "reverses" if using shift.
7. Use a "brainstorm" if caught out of kicking range on fourth down.

In general, if a weak spot is found in the opponents' defense all generalship rules are modified and the "weak spot" is hammered.

#### LONGITUDINAL ZONE GENERALSHIP

The field may be longitudinally divided into three 15-yard-wide zones and two narrow side strips. The best generalship in connection with punting, forward passing, and wide running is made more definite by this means.

## CHAPTER XI

### PRACTICE AND TRAINING

We practise football to prepare our minds and muscles to execute certain things efficiently. We learn to do things correctly by doing them over and over again correctly. We train to bring heart and lungs as well as muscle to the point where they will stand greater strains easily.

Mind and muscle cannot act best together unless the player "trains." "Training" is nothing occult nor complicated; it is simply "getting in condition to play." If we were to put training in a few words we might say it is common-sense living and intelligent hard work.

Observance of simple rules of hygiene is first necessary. Hygiene rules involve proper sleeping, eating, drinking, cleanliness, exercise, non-use of tobacco or other drugs, sex, fresh air, and proper thoughts.

Proper body condition and thinking prevents bumps, bruises, strains, and sprains as much as does the proper equipment. A player cannot do his best at any time with any kind of an injury, yet he may be able to do well in spite of it. Proper

condition and proper equipment are both necessary. The majority of football-players progress to a certain point together. Then the man who is "well-trained" forges ahead.

Average natural ability and much good training will give nearly the same result as excellent natural ability and little training.

#### BEFORE THE PLAYING SEASON

Winter and spring practice have their place. The player who is interested in making himself the best possible football man will devote time other than that during the actual playing season to this end. His recreation during the winter months may well take the form of wrestling, boxing, and basket-ball as being particularly valuable sports from the football-training standpoint. Football, unlike most games, involves much bodily contact and requires "muscle-tendon-ligament" conditioning. Body-handling, learned in wrestling, is used to good effect in football. Boxing improves foot work and co-ordination. Moderate basket-ball brings these and "heart education" in a larger degree.

Many colleges and high schools now have a period of spring training in recognition of the fact that football includes too much to be learned in the actual ten-weeks playing season. The season itself



is a "race against time." Spring practice of fundamentals, kicking, passing, and catching, will save much time for the player in the fall. It will enable him to do his work more effectively. Occasionally signal drill and formal scrimmaging are entered into as a matter of preliminary try-out of material. Spring practice when not overdone is a fine thing. It may save a player much stress and mental woe in a season which tries him sorely in many ways.

Pre-season football camps may be very easily overdone, both from the standpoint of getting the boys into the height of their game too early in the season and because of overemphasis on the sport in the mind of the boy. The longer the period over which the player observes simple rules of hygiene, the better will be his condition. This is the fact in football or every-day life. Too much strictness in diet too long before the season starts is not the best practice. Enter strict training as to diet and sleep at least two weeks before the first day of practice. Discontinue any such habits as smoking months before the season. No young man who smokes in his formative years can expect to play his best football or do his best work in any line.

All outdoor sports, especially hiking, swimming, tennis, and rapidly played golf, are good conditioners, if they are not overdone. Work, but do not



work at the hardest jobs all summer. Hardest work hardens players, but in some cases draws too much on their reserve. Every football-player needs a little reserve strength and energy for the season's demand. Train your heart and lungs by tennis or easy running, but do not carry this to the stage of habitually making yourself overtired. "Recreate," don't "wreck-reate." The strength of your heart will in a sense determine the degree of your courage.

Start exercise of a setting-up nature a month before practice starts, and do at least ten minutes every day. Camp's "Daily Dozen" is very useful. The following exercise alone is an excellent pre-season setting-up drill. It may be done just after rising. It should be followed by a dozen slow deep breaths. Support yourself on hands and toes, and "muscle up and down" with body held rigid until tired. Rest and repeat several times. Squatting and rising to toes are good.

There are a number of series of exercises which can be indulged in to good effect by the whole squad during the first two weeks of practice. In addition to individual exercise, captains and coaches should have a set of ordinary army setting-up drills which are appropriate for squad work.

In addition to hygiene, general activity, and setting-up drill, the player who specializes should

practise his specialty. No punter, drop- or place-kicker, or forward-passer will get enough practice during a season. The same is true of the centre in his practice of passing the ball. It is also true of the quarter, pass-catcher, and open-field runner.

### *Practice Season Before the First Game*

Needless to state, strict training starts with the first day of practice. The proper degree of hygienic living will involve nine hours' sleep for the high-school or younger players and eight or nine for a college man. Exercise will come with practice. Cleanliness will come in the daily bath and in keeping the equipment clean. Be especially careful of socks and the undershirt.

Tobacco or other drugs should not be even thought of. Fresh air will be insured with proper room ventilation. Your mind will be kept on the "business at hand," except for an evening a week of normal recreation.

### *Proper Eating*

Rules of eating seem to cause the most question. In general, chew whatever you eat thoroughly, and eat nothing but an occasional piece of fresh fruit—a "ripe" apple or an orange—between meals. Eat plenty of uncooked as well as cooked vegetables. The idea that a player must eat nothing but rare

meat is absurd. Tissue-building foods, such as meat and eggs, are of course necessary. Well-baked potatoes are best. Do not eat fat or greasy meats or heavy meat gravy. Do not eat extremely young meat such as veal or young lamb. Pork is not good. Beef and mutton, roasts, steaks, or chops are best. Poultry is excellent, hot or cold. Drink cocoa, milk, or light tea. Coffee once a day for one who has been using it will not be harmful. Coffee substitutes may be used. Do not stuff, even though hungry. Chew everything well and try to eat slowly. Don't forget the fresh fruit at breakfast and lunch, and fresh vegetables at lunch and dinner. Use fresh and cooked fruits and custards as dessert. Exclusion of all forms of pie and cake is considered desirable. Do not use extremely rich or highly seasoned foods. Plenty of water, especially between meals, is indicated. The practice of drinking three or four glasses or cups of water immediately after coming off the field in a very much heated condition is bad. A cupful or two at this time taken slowly in normal quenching of thirst is all right, of course, but don't "pour it down" at that time or any other time. Drink no water on the field during practice. Wash out your mouth and throat, and let it go at that.

*Meal Before the Game*

Many players eat too much before a game. Better enter a game hungry than too full. Two eggs, two slices of toast, and milk or tea at least two hours before a game is sufficient. This meal presupposes a good substantial breakfast, preferably with steak included. A light breakfast and a good meal three hours before the game is an alternative plan.

## PRACTICE

Practice of a conditioning and fundamental nature is a large part of the activity of the first and second weeks of a season before the first game. The player who wants a good start will have conditioned himself throughout the latter part of the summer as outlined. He will be ready for hard work the first day. He will experience much less physical discomfort, exhaustion, and muscular soreness if he does. Football fundamentals and simple plays serve as conditioners while the process of trying out for the team is going on.

The active-practice period of a football team is usually about an hour and a half an afternoon. More than this is too much from several stand-points. The proper balance between too much and too little practice often makes the difference be-

tween a successful and an unsuccessful game or player. If a player is bruised, stiff and sore, or overtired, he is unable to use the football ability he has. The player who is out of condition and soft is unable to demonstrate the football he may know. Methods of practice, length of practice, and appropriateness of practice are partly responsible for the players' ability or lack of ability in a certain game.

Physio-therapy in general, massage, some liniments, bandaging, and proper prevention and treatment of injuries, such as bruises, strains, and sprains, all play a part in the final result.

In all practice remember to go slow until you are warmed up. It is a good plan for the entire squad to run the length of the field in slow five-yard "stretching runs" at the start of practice. Muscles and tendons are pulled, "charley-horses" and bruised upper legs acquired if rough work is begun before the player is warmed up. Go at whatever you are going to do easily, and speed up as you warm up. In case of bad weather, a player should not go to the field for individual work. Stay indoors until the practice plan is outlined by the captain or coach. In case it is wet and muddy, keep on the move. Never stand around and discuss plays or individual theory on days of that sort. Never continue scrimmage or indulge in the

roughest work when you are exhausted. Most of the bruises and bumps come in practice *near the end*, when it is human nature to "let down." Keep going hard and keep on your toes. Captains and coaches, always remember, underwork rather than overwork. Football is a sport.

The first part of every day's practice before the entire squad gathers is necessarily informal. In this period the individuals who come out early practise specialties. Punting for height, direction, and distance, drop-kicking, place-kicking, and the kick-off should all be practised at this time. The forward-passers should also practise passing for accuracy and distance from a standing position, taking a few steps, or making a definite run. Pass-receivers and any squad man will get good running and catching practice by forward pass practice and "angle-course" running. In this, a man may run straight, across, at an angle or curve, and may start from any part of the line or back field. He will tell the passer the number of the course he is going to take, so that accurate passing is possible. A practice angle-course chart follows (Diagram XIV).

Pass-receivers should also practise receiving while standing still. Let a passer stand ten yards away and pass to you as swiftly as he can. You try to catch the pass in your hands. Practise

catching at full run. Practise catching the high pass, jumping in the air to get it. Also practise jumping for a forward pass with a group of two or more. This competitive condition arises in games.

Centres will practise passing the ball back at a target on fence or bleachers. Also practise passing to the kickers and passers. "Leading the runner" with a direct floating pass a yard to one side is good passing practice.

#### *Individual Back-Field Practice*

The player trying for a back-field position will practise kicking and catching the ball and holding and handling it throughout the season. They will practise proper methods of receiving the ball from the quarter-back and holding it properly for the various runs. They will learn to shift the ball from side to side as they would do upon approaching a runner in the open field. No back can get too much practice in handling the ball, especially in the receiving of punts. Players who are uncertain in handling the ball will practise receiving a direct pass from the centre for the various types of run. Forward passing and catching with a partner is interesting practice. The back-field men should also practise starting forward at an angle or to the side. There is a great deal of difference in speed in starting. Good starting



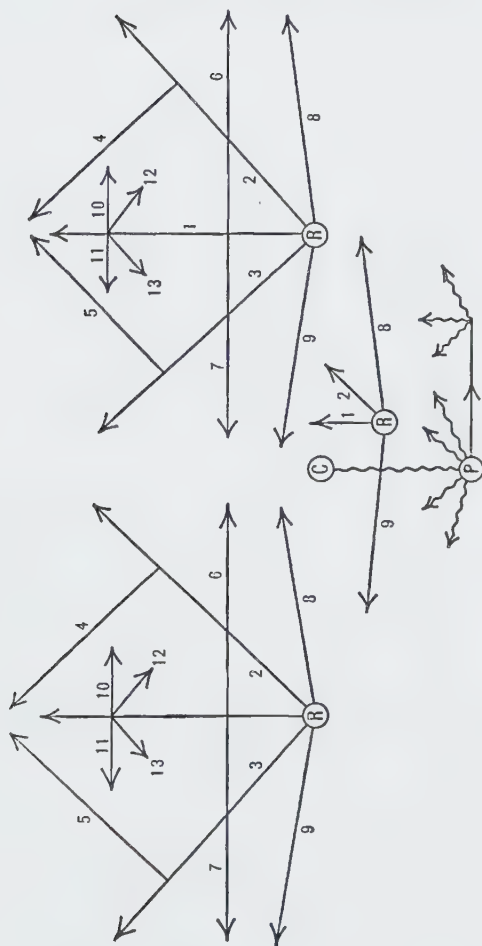


DIAGRAM XIV  
Forward Pass Practice—Numbered "Angle-Course Running."



comes with practice. The individual back-field man should practise running with the ball at another player, raising the knees well up and in front of him. He should practise with a fellow player the various forms of dodging, open-field running with pivoting on one foot, side-stepping, cross-stepping, straight and reverse, whirling or change of pace. Practise running straight at another player at three-quarter speed. As you come within reaching distance, "speed up." Jump with the right and throw the left leg across the right instead of stepping, and land on the left a yard or so to one side of the would-be tackler. At the same time extend and stiffen the arm, placing the flat of the bent-back hand on his head, neck, shoulder, or body. In the illustration which shows straight-arming, the runner has started to cross the right leg over the left. Open-field running is well practised by dodging around and between a series of posts or players five yards apart in a five-yard lane. Practise this cross-step and the sudden change of pace and direction and whirling or pivoting on the foot as three very important phases of open-field running. Finally, practise the straight-arming, holding off the opponent as the open-field move is made.

In straight-arming, or stiff-arming, as it is sometimes called, run at full speed. Hold the

arm partly extended toward the tackler, with hand bent slightly back on the wrist. As the tackler comes close, simply stiffen the arm against his head or shoulder, with wrist and arm held rigid. "Ward him off" to one side or to the ground. Don't over-reach toward him. Let him come to your hand. Don't slap. This is ineffective.

Leg drive and "forward-mindedness" is best developed in back-field men on the dummies and with the use of the bucking-strap. The principle of the bucking-strap is the same as that of a net through which the player has poked his head but not his shoulders. Two men hold back on the ends of the net while the player drives forward against their pull with his strongest leg drive, as he would in a buck or plunge.

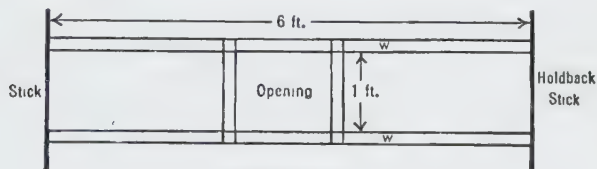


DIAGRAM XV  
Bucking-Strap

The bucking-strap illustrated above is made of ordinary harness webbing ( $w$ ). Broomsticks may be used to hold back. The player drives his head through the opening in centre.

The individual or group charging-machine, with

padded pillars which extend forward at an angle, offers excellent opportunity for practice of the shoulder and head on hard block.

Falling on the ball and tackling are usually a matter of formal group drill rather than informal individual work, but remember this: In the early part of the season particularly the earnest player will practise the thing he needs most rather than the thing he likes best in the preliminary practice period. If he is weakest in tackling, falling on the ball, or blocking, he should practise these rougher things before squad work starts. Don't be numbered among the players who hang back and get out late to practice in order to avoid hard preliminary work. In all ball-handling practice, "follow the ball," and keep your attention on it wherever it may go. It is a good plan to "fall on" the ball whenever you fumble it in any form of practice. Practise falling on the ball as such, first in the dummy pit and then in the field.

The individual will do well to practise his blocking with a partner at times when the entire squad is not blocking. As we have said before, too many players spend too much time in forward-passing when they could very well be practising easy blocking of a fellow player to better advantage.

*Practise Individual Defense*

It is human nature to practise offense much of the time. Players should realize that practice for defensive ability is less spectacular but very necessary.

Individual back-field defense practice is extremely important. It will involve constant practice in tackling. Constant hard personal-contact tackling of another individual is productive of bruises and scrapes. Much man-to-man tackling should not be done except in scrimmage. Tackling of the dummy for the hard work and comparatively easy tackling of fellow player for form instead of for vigor and intensity are desirable.

Any group of football individuals should have at least four good tackles a day on a dummy. During the first three weeks of the season six tackles a day on a dummy or three on a fellow player would be a minimum. The average team's practice schedule will allow of at least one day every two weeks when the most time will be spent on perfecting the things we have spoken of as fundamentals. *Too much* tackling, blocking, and ball-recovering practice is deadening to the individual. Never practise any one fundamental all evening. Ordinarily change from one form of practice to another in ten to fifteen minute periods for variety.

*Individual Forward Pass Defense*

Do not overlook or underestimate forward pass defense. Have a fellow player pass the ball within five or ten yards of your position as you stand erect with your hands on your knees, standing on your toes as you would in regular defense. Practise getting to the ball as fast as you can wherever it may go, jumping through the air at it and knocking it to the ground. This ability will serve you in good stead no matter how you may plan on defending forward passes. You will be trying hard to get to the ball, in zone, man-for-man, or ball, forward passing defense. Practise man-for-man defense with two other players. Have one player try to pass to the other. You run with the receiver wherever he may go or wherever he may dodge. Try to stay within two yards of him and between him and your goal-line always. The successful forward passes are executed when the receiver runs beyond the defensive player, and the ball is passed over the defender's head.

*Individual Line Practice*

Players should not enter the hardest practice in the pre-practice period of the day. They will save themselves for the work that is always planned to come later. The above principle ap-

plies to line-men in somewhat less degree than to the backs. They are usually most expert in blocking and least proficient in handling the ball. Starting, following the ball, falling on the ball, kicking, and ball-handling must occupy part of the practice time of the average line-man. Much kicking is not the thing, except for those with special ability in this field. Many line-men develop themselves into excellent place-kickers and kick-off men. The individual line-man needs exercises which will develop his leg, arm, back, and shoulder muscles. He needs to develop strength and endurance and as much speed as possible.

There are two general exercises which are excellent as general developers and as producers of easy line position. The first exercise is a forward and backward "crab-walk." In this exercise the player runs forward on his hands and feet as close to the ground as possible. He then progresses backward in the same fashion. This helps to strengthen arms, legs, and back, and promotes low, hard, persistent charging. It is helpful to back-field men also. The famous duck-walk is the other exercise. The player squats in position and walks or waddles forward with the body held upright with the hands on the hips. This is a very good exercise. Defensive straight-arm charging on other players or against a charg-

ing-machine strengthens the arms, shoulders, legs, and back.

The line-man will practise blocking his fellow line-men during the early practice and throughout the season. Practise close-line blocks on fellow players, and open-field blocks on the dummy. Practise the various kinds of offensive blocks with varying degrees of intensity. Needless to say, if the team is to have a long scrimmage, a long individual blocking practice is not the thing. The "bull-ring" is a splendid form of line practice. One or two line-men are played against one other. In early season one or both of them block as on offense. The defense man gives resistance strong enough so that blocks may be practised well without much chance of bruising and bumps. In the early season the resistance may be just enough for practice purposes. As the season progresses, the line-men are given free rein and try to defeat one another. Other line-men form a ring around the two competing players, study their form and efficiency in blocking. Each line-man in turn performs and practises in the "bull-ring," where every one can see his mistakes and appreciate his good points.

Offensive line-men should practise the definite line blocks, including the individual hard-shoulder block, check block, the hard head-on block, and the



cross-body block. They should practise the open-field blocks, the roll and flying side-body blocks secondarily. The practice of the low combination shoulder block, with two line-men charging on another, is most excellent for leg and back strengthening purposes. Practice of the above and also the combination-break block by two individuals against a third in the "bull-ring" should not be overlooked.

Defensively, the line-men should, first of all, practise proper position. The big man will probably be allowed to start on the defense from the standing or semi-crouch position. The smaller line-man will, in all probability, be coached to start from the one-hand modified sprint start, or the two-hand-down modified sprinting start. Practise then the fast forward charge. Charge forward from proper starting position with arms extended. Charge against the charging-machines, and then against one or more fellow players. Charge as a ball is snapped or as a coach or another player slaps his hands. Always practise straight-arm charging; do not let the arms bend any more than you can prevent. Practise holding your opponent off after you have charged, and practise keeping your legs away from the opponent as you charge hard and fight through to the ball. You may be coached to charge and then "guard your



territory." Defensive line-charging drill may well be practised in the "bull-ring." Ordinarily a centre passes the ball back to a half-back five yards back of the line. The defensive player charges on another player who is practising offensive blocking. A coach stands behind the defensive player and signals the runner which way to run. The offensive blocker tries to prevent the defender from getting to the runner, who runs a different direction each time on signal. Charging one individual and forcing him down back or to one side is not too exhausting if the line-man will take his time between each effort.

Individual line-men will practise individual forward pass defense the same as a back-field man, except they will be put in position where they will have to back away a few steps before they get to the ball, or the man they are supposed to follow. In present-day football the faster, co-ordinated line-men will need this practice. The line-men may well practise the blocking of kicks during the early practice period, although this practice is usually a squad or team matter.

#### *Group and Team Drills*

The group drill in fundamentals takes a large part of the first week's work. Signals, scrimmage, defensive and offensive theory take more of the

practice time as the season advances. The following group practice methods are simply suggested:

In handling the ball, players may be arranged in groups of four to eleven each. Players should stand shoulder to shoulder in the circle, and pass the ball into the other fellow's middle as hard as possible. The receiving player shifts the ball under one arm, squeezes it as tight as possible while holding it in the proper ball-handling position, shifts it with the other arm, holds it securely and correctly for a few seconds, and passes it on to the next man.

Players may be arranged three yards apart in one large circle with several balls. Players catch the ball first in their hands, and then in the yielding cradle previously described. The circle with ten-yard spaces between players may well be used for forward pass receiving and catching practice. Use same practice with moving circle.

The same circle idea with players a varying distance apart may be used in falling on the ball. Have the players number off, and let the player whose number is called fall on the ball. Good practice may be had by giving two men in the same circle the same number, thus developing the element of competition. Competitive practice of

this kind more than once a week is likely to develop too many minor injuries.

In conditioning, the entire squad may be lined up on the goal-line for five or ten yard wind-sprints. In this exercise the group charges forward in low running or charging position on the signal of the coach, captain, or quarter-back. Drive as hard as possible for the ten yards, get set in the starting position and again charge forward on signal, with short, choppy steps, such as a line-man would use in blocking or a back-field man in plunging. Players should not simply start forward, but they should start forward and run as they would run in some special football connection. A few seconds' rest should be given before each start. Too much of such driving work exhausts a squad. In early season some such work is necessary. Don't overdo it.

For punting work and practice in going down under punts, the entire squad should be divided into three groups: punt-catchers, line-men and ends, and kickers. Each group should number off so that we have squads one, two, three, and four. Each squad is composed of line-men and ends to go down the field, and punters and catchers. Tackling under punts should not be indulged in more than once a week, but going down under punts without tackling is good experience. Punt-catch-

ers should always receive the ball, definitely place it under one arm, and start a few steps straight up-field. Don't waste time and energy running punts back except in full-speed tackling and ball-returning practice.

The following chart suggests a method for punt practice:

Two lines of players five yards apart can be used for many purposes. With a three-yard interval between players of the same line, easy man-to-man tackling for form is possible. The same is true for open-field blocking. I personally believe that both open-field tackling and blocking in the open field are most economically practised on the dummy. Such practice is an economy of man-power.

Two lines five yards apart facing the length of the field, with one man from each line taking the same course to receive a forward pass of a third, is an assurance against wasted energy due to poor passing. It also furnishes competition. Line-blocking and charging is best developed in the bull-ring. A charging sled is excellent for developing the strong defensive charge of a group of line-men. It also is a definite practice for the leg drive, which the line-man needs in offensive blocking, defensive charging, and tackling.

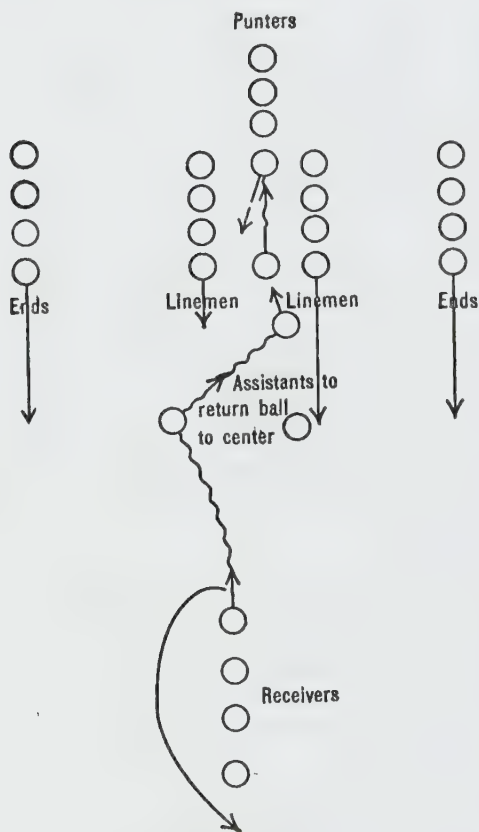


DIAGRAM XVI

Efficient method of practising punting, catching centre passing and going down under punts

## TEAM PRACTICE

Football practice progresses from individual to group work, and from group to team work, and from team-work to polished and speeded-up team-work as the season progresses. The big problem during the early practice period before games is to vary the practice enough to keep it interesting. This real problem may be partially met by giving out three or four simple plays with no signals or detailed assignments on the first day. This is indicated if the majority of the men have been out in the spring practice. These plays should simply be called and used as wind-producers through the running involved.

Running is the very best team conditioner. It should not, however, be indulged in to the point of exhaustion. Running at top speed continuously in early season is not the thing. Instead of signal drill, informal formation drill with plays called, for instance, "right-half-back-end-run," is indicated. Individuals and groups in the running exercise should gradually increase speed until full speed may be safely reached at the end of the first week of practice. Players should understand that running conditions not only the muscles, but the internal organs. Progressive running, for example, conditions the heart and lungs by means

of the muscles. The condition of your heart and lungs largely determines your endurance.

In the usual progressive practice from individual to group, a centre and a back-field man may work together. Pairs of ends, line-men, and backs find much profitable practice. The addition of two ends or two line-men to the centre and back combination is the first stage of skeleton-play formation. The usual skeleton signal-running formation is composed of a centre, two ends, and four backs. The addition of four line-men makes a full team for formation drill, and later signal drill and scrimmage. Skeleton formations of ends and backs may profitably practise plays and offensive technic, running with the ball, passing, blocking, and punting, while the groups of line-men practise forms of blocking and charging.

### *Fundamentals*

The tendency with any team is to leave the practice of fundamentals and the general position exercises too early and to get into the enjoyable part of the game with the plays, formations, and scrimmage. Injuries frequently result from too early scrimmage. Players forget themselves in their enthusiasm and their desire to make the team and let themselves go before their muscles



are sufficiently hardened and their ligaments and tendons sufficiently strengthened.

The formal work of each day after the twenty-minute or half-hour individual work should be divided up into periods, say of ten minutes each. The use of these ten-minute periods would vary with the earliness in the season and the day in the week. An hour practice period might be used as follows: Before scrimmage starts—in-formal work in specialties, twenty minutes; circle with ball passing as indicated, ten minutes; down under punts without tackling with explanation of duties, one or two ten-minute periods; practice in starting position, starting and ball-handling, ten minutes; backs tackle dummy, line charge and block, ten minutes; line-men tackle the dummy, while backs and end receive passes, ten minutes; simple plays, ten minutes. Competitive falling on the ball, except in the dummy pits or man-to-man tackling, is not wise during the first week of practice. Give out definite plays and have a signal drill on the third day.

### *Scrimmage*

Skeleton groups may be allowed to add short easy scrimmage with one another at about the third day. This should be plain "dummy scrim-



mage" in which a degree of blocking but no tackling is allowed. Running, punting, and passing may be included. The low tag practice game, in which the runner is tagged instead of tackled, is excellent. In this game the player should realize that this is merely practice and each time should have a picture of how he would tackle the runner in a real game. On the fourth day the line may be included in dummy scrimmage. Offensive line and back-field blocking and defensive charging and tackling on the dummy and in groups serve as hardeners before the first real scrimmage is entered. A ten-minute complete team scrimmage may safely be held at the end of the first week's practice, sometimes earlier. Judge the time for first scrimmage by the physical condition of the players when they return for practice. A group of men well hardened may enter short light scrimmage at the end of the third day. Better play safe than be sorry in the matter of scrimmage held too early.

One method of learning plays and signals follows: the captain or coach demonstrates the individual duties of the play. Each man in succession demonstrates his assignment on a defensive second teamman lined up in defensive formation. Every one then does his assignment simultaneously at walking speed. The same is then done on regular sig-

nal. The play is next run at full speed, with defense giving only partial resistance. After this demonstration and practice, the defensive team retires and the offensive team runs the play in signal practice, having gotten "the feel" of it. They run the play with signals to perfect its execution. Run anything other than the most simple play at least one-half dozen times with a distinct pause between, to check up as to whether or not you are doing the correct things to your imaginary opponents. After a play is thoroughly learned it is practised with full offense and defense in the scrimmage session.

After the first week, formal practice periods of one-and-one-half hours may be roughly divided into three thirty-minute periods. Use one-third for "fundamentals." Use one-third in learning offensive and defensive plays and signal drill. Include practice in special formations such as kick-off and free-kick in this period. Use one-third for dummy or regular hard scrimmage. Defense is best learned theoretically in dummy scrimmage. Team defense, of course, is best practised in real scrimmages, after the individuals have practised the elements of their defensive actions during the earlier periods.

As the season progresses, more time is spent on the second and third periods, with signals and

scrimmage taking an increasing part of the time. Again, let us say that many teams make the mistake of getting away from fundamentals too soon.

During the playing season, usually just after it is about half or two-thirds over, most teams profit by putting the large part of a full practice day on fundamentals. If you do not have enough players for full scrimmage, practise your open play with skeleton teams. Another common practice is that of playing only half-teams against each other. Line up offensive and defensive players who would be playing to one side of centre only as a basis for scrimmage. The same common-sense principle applies to team practice that is applied to individual practice. *Consider all the theoretical practice schedules you care to and then practise the things in which your team is weak.* In practice, don't shirk, but make sure you are well protected, and then play as hard as you are told. The player who practises half-heartedly while others are practising full-speed is the one who may be injured.

#### PRACTICE AFTER THE FIRST GAME

After the first game has been played, practice is somewhat different. Let us figure that we have a game on each succeeding Saturday for five or six weeks. We try to emphasize one thing in each

week's practice. The first two weeks may have been offense, fundamentals, and the next week may be defense; the next week may be the punting game, the next week drop- and place-kicking, the next week forward passing, the next week fighting team spirit, and the next week speed and execution. Emphasize individual line and back-field play and fundamentals throughout. In general, the week is divided as follows: Monday, light work with possible demonstration of a new play or two to the players who have been in the game—usually scrimmage for second-team players who did not get into the game; Tuesday, signal practice and dummy scrimmage, with real scrimmage for those players who did not play in the last Saturday game; Wednesday, a short practice game played under exact game conditions—fouls called and penalties inflicted; Thursday, dummy scrimmage and forward passing scrimmage; Friday, short fast signal drill, theoretical review of the past week's work and consideration of the opponent's offense and defense for the next day's game; Saturday, the game.

In general, there will be more hard scrimmage in early and mid-season and less in late season. Scrimmage hard while you scrimmage. When dummy scrimmage is used, make sure that a few players don't start to scrimmage at

full speed. The offense emphasis goes from fundamental to accessory, from simple to complex, from the plays of power to the plays of speed and deception. At the end of the season a team has plays of all kinds. Most teams use about thirty plays. It is well to practise complex open plays after the middle of the season, even if you do not plan on using them in the game. Do this because of the variation they offer to the ordinary routine practice work in football. In the last two weeks of a football season we need to have the "football dessert" in order to keep up interest and enthusiasm. A team that does not have a little relaxation and which works hard every minute will likely grow stale. One interesting practice plan toward the end of the season is that in which the line-men play the back-field positions and men in the back-field play the line positions in a few of the simple plays. Such a plan increases mutual respect and adds a refreshing note to practice. Practice immediately before a game should be largely a matter of punting and punt-catching by backs, place and drop kicking by specialists, and handling the ball and passing by the ends and line-men. Some teams tire themselves out before the game starts. You may use only a half-dozen plays to warm up. On the other hand, on a cold day be sure that the team

takes enough exercise before the game, so that the muscles are in good working order.

Warming-up methods vary. A team may run in a small circle, may run signals, may line up in formation and charge ahead with no definite play. The entire team may spread out across the field and run slowly in a line, passing the ball to each player in turn. This method is excellent.

Learn how to do a thing exactly before you try to execute it full speed. In other words, think and then act. Don't try to make a roll block at full speed before you practise doing it at practice speed and know how. Teams should learn all the detail in a play before trying to run it at full speed. Don't try to learn too many new plays before you know how to execute the old ones perfectly. Review constantly. Don't over-scrimmage. Learn what to do, exactly how to do it, and when to do it. Practise it, and then do it with all your strength, energy, and determination when you are asked to and when you get into a game.

Don't take all afternoon to do an hour and a half's work. Plan and use every minute you are on the field. Practices which are long drawn out are usually not efficient. Players in informal groups, do your work, have it well over with, and then go in. The plan which keeps a player on the field more than a few minutes after he has scrim-

maged hard is not the best. Practice and football in general, is one phase of the training and conservation of man-power, our most precious natural resource.





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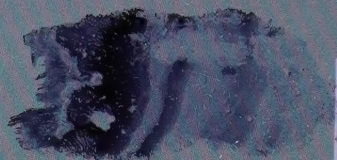






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